Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Investigating the effectiveness of Cognitive-Behavioral Therapy on the improvement of the psychological symptoms of parents with Attention Deficit-Hyperactivity Disorder and measuring its effect on the outcome of their children's treatment

Protocol summary

Study aim
Investigating the effectiveness of Cognitive-Behavioral Therapy on the improvement of the psychological symptoms of parents with Attention Deficit-Hyperactivity Disorder and measuring its effect on the outcome of their children's treatment.

Design
Clinical trial with control group, with parallel groups, randomized through random numbers table, on 32 patients.

Settings and conduct
The intervention of this project will be based on cognitive-behavioral therapy focused on adult ADHD, which will consist of ten 45-minute weekly sessions, delivered individually by a trained therapist to the parent with ADHD. The sessions will be conducted online or in person at the Behravan Psychologal Clinic in Hamedan city. The variables will be assessed before the intervention begins, after the sessions end, and two months later.

Participants/Inclusion and exclusion criteria
Inclusion criteria: - Receiving a diagnosis of adult ADHD based on a diagnostic interview based on DSM-5 - Having at least one child aged 7 to 12 years with ADHD under conventional treatment - Informed and written consent to participate in the study

Intervention groups
The intervention of this project will be based on cognitive-behavioral therapy focused on adult ADHD, which focuses on improving the psychological symptoms of parents with attention deficit hyperactivity disorder and measuring its impact on the outcome of their children's treatment. The control group will also receive cognitive-behavioral therapy in the form of weekly group sessions after the completion of the project due to ethical considerations.

Main outcome variables
Reduction in Depression, Stress and Anxiety after the intervention and two months after the intervention based on the 21_DASS questionnaire. Improvement in symptoms of attention deficit hyperactivity disorder after the intervention and two months after the intervention based on the ASRS questionnaire

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20250222064814N1**
Registration date: **2025-03-30, 1404/01/10**
Registration timing: **registered_while_recruiting**

Last update: **2025-03-30, 1404/01/10**
Update count: **0**

Registration date
2025-03-30, 1404/01/10

Registrant information

Name
Hasti Gerami boroujerdi

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 81 3823 2588

Email address
hasti.gb@yahoo.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2024-12-21, 1403/10/01
Expected recruitment end date
2025-05-19, 1404/02/29
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Investigating the effectiveness of Cognitive-Behavioral Therapy on the improvement of the psychological symptoms of parents with Attention Deficit-Hyperactivity Disorder and measuring its effect on the outcome of their children's treatment

Public title
Investigating the effectiveness of Cognitive-Behavioral Therapy on the improvement of the psychological symptoms of parents with Attention Deficit-Hyperactivity Disorder and measuring its effect on the outcome of their children's treatment
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Receive a diagnosis of adult ADHD based on a diagnostic interview based on DSM-5 Obtained a score higher than 50 on the Adult ADHD Self-Report Scale (ASRS) questionnaire Having at least one child aged 7 to 12 years with ADHD under conventional treatment Not received a diagnosis of severe mental disorders including psychotic spectrum disorders, bipolar type 1, substance use disorder, and severe personality disorders based on SCID-5 Provided informed and written consent to participate in the research Having a minimum education of 8th grade (completion of middle school) Not taking psychiatric medications from two months before to the end of the study Not receiving any psychological intervention from three months before to the end of the study
Exclusion criteria:
The presence of other severe mental disorders such as other neurodevelopmental disorders, mood disorders, etc. History of severe drug or alcohol abuse. The presence of significant cognitive disorders, intellectual disability or below-average IQ
Age
No age limit
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **32**
Randomization (investigator's opinion)
Randomized
Randomization description
Simple randomization method. Individual randomization unit. Randomization tool: Random number table Allocation concealment: through a third person; Other than the researcher, it has been done to a void bias
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Kermanshah University of Medical Sciences
Street address
Kermanshah Medical Science Central Building, Shahid Beheshti Blvd, Kermanshah.
City
Kermanshah
Province
Kermanshah
Postal code
6715847141
Approval date
2024-10-27, 1403/08/06
Ethics committee reference number
IR.KUMS.MED.REC.1403.331

Health conditions studied

1

Description of health condition studied
Attention-Deficit, Hyperactivity Disorder
ICD-10 code
F90
ICD-10 code description
Attention-deficit hyperactivity disorders

Primary outcomes

1

Description
Reducing the score of the stress scale based on the Depression, Anxiety and Stress Scale - 21 Items questionnaire
Timepoint
Measurement of stress scale in the Depression, Anxiety and Stress Scale - 21 Items questionnaire at the beginning of the study, immediately after the

intervention, and two months after the intervention.

Method of measurement

The Depression, Anxiety and Stress Scale - 21 Items questionnaire

2

Description

Reducing the score of the depression scale based on the Depression, Anxiety and Stress Scale - 21 Items questionnaire

Timepoint

Measurement of depression scale in the Depression, Anxiety and Stress Scale - 21 Items questionnaire at the beginning of the study, immediately after the intervention, and two months after the intervention.

Method of measurement

The Depression, Anxiety and Stress Scale - 21 Items questionnaire

3

Description

Reducing the score of the anxiety scale based on the Depression, Anxiety and Stress Scale - 21 Items questionnaire

Timepoint

Measurement of anxiety scale in the Depression, Anxiety and Stress Scale - 21 Items questionnaire at the beginning of the study, immediately after the intervention, and two months after the intervention.

Method of measurement

The Depression, Anxiety and Stress Scale - 21 Items questionnaire

4

Description

Improvement of symptoms of attention deficit hyperactivity disorder based on the Adult ADHD Self-Report Scale questionnaire

Timepoint

Measuring the score obtained in the Adult ADHD Self-Report Scale questionnaire at the beginning of the study and immediately after the intervention and two months after the intervention.

Method of measurement

The Adult ADHD Self-Report Scale questionnaire

Secondary outcomes

1

Description

Improving the quality of parent relationships based on the Quality of Relationship Inventory questionnaire

Timepoint

Measuring the quality of parental relationships using the Quality of Relationship Inventory questionnaire at the beginning of the study, immediately after the intervention, and two months after the intervention.

Method of measurement

The Quality of Relationship Inventory questionnaire

2

Description

Improving symptoms of attention deficit hyperactivity disorder in children based on the Conners ADHD rating scale questionnaire

Timepoint

Measurement of children's attention deficit hyperactivity disorder symptoms based on the Conners ADHD rating scale at the beginning of the study, immediately after the intervention, and two months after the intervention.

Method of measurement

The Conners ADHD rating scale questionnaire

3

Description

Improvement in children's academic performance based on the assessment of their academic average.

Timepoint

Improvement in children's academic performance at the beginning of the study and two months after the intervention based on their academic grade point average

Method of measurement

Assessment of academic average.

Intervention groups

1

Description

Intervention group: The intervention of this plan will be based on cognitive-behavioral therapy focused on adult ADHD, which will consist of eight 45-minute weekly sessions (in person or online, as appropriate) and will be implemented individually by a trained therapist for the parent with ADHD.

Category

N/A

2

Description

Control group: The control group will also receive cognitive behavioral therapy in the form of weekly group sessions after the completion of the project due to ethical considerations.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Dr. Mahdi Nobakht's neuropsychiatric clinic

Full name of responsible person

Mehdi Nobakht

Street address

Doctors building NO.1, Bo Ali St, Aramgah Bo Ali Square, Hamadan.

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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Kermanshah University of Medical Sciences
Full name of responsible person
Jalili, Sirous
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Deputy Research and Technology Department, Building No. 2 of Kermanshah University of Medical Sciences, Shahid Beheshti Blvd, Kermanshah.
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Kermanshah University of Medical Sciences
Proportion provided by this source
100
Public or private sector
Public
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact
Name of organization / entity
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Position
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available
Study Protocol
Undecided - It is not yet known if there will be a plan to make this available
Statistical Analysis Plan
Undecided - It is not yet known if there will be a plan to make this available
Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available
Analytic Code
Undecided - It is not yet known if there will be a plan to make this available
Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available