Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Comparison of the Effectiveness of the "Integrated Intervention for Codependent Individuals" and "Community Reinforcement and Family Training (CRAFT)" in reducing codependency among parents of individuals with substance use disorders

Protocol summary

Study aim
Comparison of the Effectiveness of the "Integrated Intervention for Codependent Individuals" and "Community Reinforcement and Family Training (CRAFT)" in Improving the Level of Codependency among Parents of Individuals with substance use disorder

Design
A block-randomized clinical trial was conducted with two arms, each containing 15 participants (30 participants in total). Block randomization was performed using the SealedEnvelope website. After providing informed consent, each participant randomly selected one of the sealed envelopes and was assigned to the corresponding group.

Settings and conduct
Study location: Addiction Clinic, Roozbeh Hospital, Tehran; Study population: Mothers of individuals who use substances; Blinding method: In this study, blinding was not performed.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Having a child who uses narcotic drugs and/or stimulants; obtaining a minimum score of 52.6 on the Spann–Fischer Scale; completion of the informed consent form for participation in the study. Exclusion criteria: Presence of cognitive disorders; severe physical illness that prevents participation in the sessions; illiteracy

Intervention groups
Intervention Group: Integrated Intervention for Codependent Individuals. Participants receive an integrated treatment program for codependency, consisting of 11 structured sessions. Control Group: Community Reinforcement and Family Training. Participants receive the standard CRAFT program

Main outcome variables
Level of codependency

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20250809066792N1**
Registration date: **2025-10-03, 1404/07/11**
Registration timing: **prospective**

Last update: **2025-10-03, 1404/07/11**
Update count: **0**

Registration date
2025-10-03, 1404/07/11

Registrant information

Name
Fateme Sadat Sadat hosseini
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 21 7746 5416
Email address
f-sadathosseini@razi.tums.ac.ir

Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2025-10-06, 1404/07/14
Expected recruitment end date
2025-12-20, 1404/09/29
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date

empty

Scientific title
Comparison of the Effectiveness of the "Integrated Intervention for Codependent Individuals" and "Community Reinforcement and Family Training (CRAFT)" in reducing codependency among parents of individuals with substance use disorders

Public title
The effectiveness of psychosocial interventions on codependency of mothers of individuals with substance use disorders

Purpose
Health service research

Inclusion/Exclusion criteria
Inclusion criteria:
Having a child who uses narcotic drugs and/or stimulants; Obtaining a minimum score of 52.6 on the Spann–Fischer Codependency Scale
Exclusion criteria:
Lifetime diagnosis of a substance use disorder (based on DSM-5 criteria) according to the participant's self-report Presence of severe cognitive disorders as determined by the assessor Illiteracy

Age
No age limit

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **30**

Randomization (investigator's opinion)
Randomized

Randomization description
The samples were assigned to two intervention and control groups using a block randomization method with block sizes of 4 and 6, through the website www.sealedenvelope.com.

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 Tehran University of Medical Sciences
Street address
Ebne sina Street; Keshavarz Boulevard
City
Tehran
Province
Tehran
Postal code
1461884513

Approval date
2023-05-12, 1402/02/22

Ethics committee reference number
IR.TUMS.MEDICINE.REC.1402.096

Health conditions studied

1

Description of health condition studied
Codependency

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Quality of life

Timepoint
At study entry, at the third session, and at the end of the study

Method of measurement
World Health Organization Quality of Life – Brief Questionnaire (WHOQOL-BREF)

2

Description
Codependency level

Timepoint
At study entry, at the third session, and at the end of the study

Method of measurement
Spann-Fischer Codependency Scale

Secondary outcomes

empty

Intervention groups

1

Description
Intervention Group: Integrated Intervention for Codependent Individuals.Participants in the intervention group receive an integrated treatment program for codependency, consisting of 11 structured sessions, each lasting 60–90 minutes. Sessions are conducted weekly or twice a week. The topics of these sessions include: taking a clinical history, motivational

interviewing, understanding addiction and maladaptive patterns, codependent roles, breaking dysfunctional family cycles, attention to comorbid disorders, problem-solving, and emotion regulation.

Category

Lifestyle

2

Description

Control Group: Community Reinforcement and Family Training(CRAFT).Participants in the control group receive the standard Community Reinforcement and Family Training program, consisting of 10 sessions, each lasting 60–90 minutes, conducted once a week. The program focuses on family education and social reinforcement strategies.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center
Roozbeh hospital

Full name of responsible person
Fatemeh Sadat Hosseini

Street address
South Kargar Street

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Tehran University of Medical Sciences

Full name of responsible person
Dr. Ramin Kordi

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Intersection of Qods Street and Keshavarz Boulevard

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vcr@tums.ac.ir

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Tehran 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
Tehran University of Medical Sciences

Full name of responsible person
Fatemeh Sadat Hosseini

Position
Psychiatry resident

Latest degree
Medical doctor

Other areas of specialty/work
Psychiatrics

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Specialist

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Psychiatrics

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Person responsible for updating data

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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
Not applicable