Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effectiveness of psychological capital training on improving the quality of parent-child relationships, psychological flexibility, and children's aggression

Protocol summary

Study aim
Determining the effectiveness of psychological capital training on improving the quality of parent-child relationships, psychological flexibility, and children's aggression

Design
A clinical trial with a control group, using parallel groups, single-blind, randomized, on 208 parent-child pairs, will utilize Random Allocation Software for randomization.

Settings and conduct
Study location: Kindergartens in District 2 of Ahvaz, on parents of 4-6 year old children, study population: 208; Type of blinding: Single-sided blinding; Method of blinding: The outcome assessors (single-sided blinding) were unaware of the intervention type and data were collected using coded codes.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Parents of 4-6 year old children in kindergartens in District 2 of Ahvaz, minimum parental education: diploma, no use of other psychological education programs in the past 3 months ; Exclusion criteria: Child with neurodevelopmental disorders (autism, ADHD), history of severe psychiatric disorders in parents, unwillingness to continue cooperation during the study

Intervention groups
Intervention group: Psychological capital training (based on Seligman's model), Content: 8 90-minute sessions of training in hope-building, resilience, optimism, and self-efficacy skills; Method of implementation: Weekly group meetings using role-playing techniques, practical exercises, and homework Control group: Received non-specific intervention: 4 60-minute sessions of general parenting training (without psychological capital components) Method of implementation: Presentation of educational materials in the form of lectures and questions and answers

Main outcome variables
1. Quality of the parent-child relationship؛ Psychological flexibility of parents؛ Level of aggression of children،

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20250803066747N1**
Registration date: **2025-09-29, 1404/07/07**
Registration timing: **prospective**

Last update: **2025-09-29, 1404/07/07**
Update count: **0**

Registration date
2025-09-29, 1404/07/07

Registrant information
Name
Fatemeh Ranjbar
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 61 3221 6850
Email address
maralranjbar2000@gmail.com

Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2025-10-11, 1404/07/19
Expected recruitment end date
2026-03-20, 1404/12/29
Actual recruitment start date
empty

Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The effectiveness of psychological capital training on improving the quality of parent-child relationships, psychological flexibility, and children's aggression

Public title
The effectiveness of psychological capital training on improving the quality of parent-child relationships, psychological flexibility, and children's aggression
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Parents of 4-6 year old children in kindergartens in District 2 of Ahvaz Willingness to participate in research and signing an informed consent form No history of severe psychiatric disorders (in parents)
Exclusion criteria:
The presence of an acute family crisis, such as divorce or death of a family member in the past six months. Children diagnosed with neurodevelopmental disorders (autism, mental retardation)
Age
From **4 years** old to **6 years** old
Gender
Both

Phase
N/A
Groups that have been masked

- Outcome assessor
- Data analyser
- Data and Safety Monitoring Board

Sample size
Target sample size: **208**
Randomization (investigator's opinion)
Randomized
Randomization description
The randomization method used in this study is block randomization with a block size of 4. The allocation sequence will be generated using Random Allocation Software and placed in consecutive sealed envelopes. After final confirmation of each participant's entry conditions, the researcher will open the envelopes in order to allocate individuals to the intervention or control group.
Blinding (investigator's opinion)
Single blinded
Blinding description
In this study, the outcome assessors (posttest and follow-up) will be unaware of the participants' grouping (experimental/control), but the parents and educators will be aware of the intervention.
Placebo
Not used
Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of Islamic Azad University, Ahvaz Branch
Street address
Islamic Azad University Ahvaz Branch، Farhangshahr، Golestan Highway
City
Ahvaz
Province
Khouzestan
Postal code
3733361349
Approval date
2025-04-23, 1404/02/03
Ethics committee reference number
IR.IAU.AHVAZ.REC.1404.038

Health conditions studied

1

Description of health condition studied
Child behavioral disorders (with a focus on aggression) and parent-child communication problems
ICD-10 code
Z62.21
ICD-10 code description
Child in welfare custody

Primary outcomes

1

Description
Children's aggression
Timepoint
At the beginning of the study (before the intervention began) and two months later (when the intervention ended)
Method of measurement
Standard Preschool Aggression Questionnaire

Secondary outcomes

1

Description
Quality of the parent-child relationship
Timepoint
At the beginning of the study (before the intervention

began) and two months later (when the intervention ended)

Method of measurement

PCRS questionnaire

2

Description

Parental psychological flexibility

Timepoint

At the beginning of the study (before the intervention began) and two months later (when the intervention ended)

Method of measurement

With the CFI scale

Intervention groups

1

Description

Intervention group: Intervention Description (Psychological Capital Training):Number of Sessions: 8 90-minute sessions (one session per week)Content: Training in four main components:1. Hope-building (formulating goals and paths to achievement)2. Optimism (reconstructing positive interpretations of events)3. Resilience (managing stress and negative emotions)4. Self-efficacy (strengthening belief in parenting abilities)

Category

N/A

2

Description

Control group: Control group:Received 4 60-minute sessions of general parenting education (without psychological capital components)

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Islamic Azad University, Ahvaz Unit

Full name of responsible person

Mehrana Askari

Street address

Islamic Azad University Ahvaz Branch، Farhangshahr، Golestan Highway

City

Ahvaz

Province

Khouzestan

Postal code

3733361349

Phone

+98 61 3334 8420

Email

info@iauahvaz.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Pejman Taghipour Birgani

Street address

Islamic Azad University Ahvaz Branch، Farhangshahr، Golestan Highway

City

Ahvaz

Province

Khouzestan

Postal code

3733361349

Phone

+98 61 3334 8420

Email

info@iauahvaz.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Islamic Azad University

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

Islamic Azad University

Full name of responsible person

Mehrana Askari

Position

Associate Professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

Street address

Islamic Azad University Ahvaz Branch، Farhangshahr، Golestan Highway

City

Ahvaz

Province
Khouzestan
Postal code
3733361349
Phone
+98 61 3334 8420
Email
info@iauahvaz.ac.ir

Person responsible for scientific inquiries

Contact
Name of organization / entity
Islamic Azad University
Full name of responsible person
Mehrana Askari
Position
Associate Professor
Latest degree
Ph.D.
Other areas of specialty/work
Psychology
Street address
Islamic Azad University Ahvaz Branch، Farhangshahr، Golestan Highway
City
Ahvaz
Province
Khouzestan
Postal code
3733361349
Phone
+98 61 3334 8420
Email
info@iauahvaz.ac.ir

Person responsible for updating data

Contact
Name of organization / entity
Islamic Azad University
Full name of responsible person
Fatemeh Ranjbar
Position
Student
Latest degree
Bachelor
Other areas of specialty/work
Psychology
Street address
No. 63, Janbazan 3rd Street
City
Ahvaz
Province
Khouzestan
Postal code
6184933863
Phone
+98 61 3221 6850
Fax
Email
maralranjbar2000@gmail.com

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
Not applicable
Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
Not applicable
Analytic Code
Not applicable
Data Dictionary
Not applicable