Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Investigating the effect of mindfulness intervention based on stress reduction on self-compassion and the quality of parent-child relationships in health caregivers

Protocol summary

Study aim

Determining the effect of mindfulness intervention based on stress reduction on self-compassion and the quality of parent-child relationships in health caregivers

Design

The educational intervention consisted of eight sessions and was implemented in the form of three training methods (lecture, question and answer, discussion group) in comprehensive health centers for health caregivers of the experimental group. The content of the training was mindfulness and its components for patients in the experimental group.

Settings and conduct

The researcher contacted the comprehensive centers and after providing explanations about the project to the authorities, including security and obtaining permission to carry out the project, the researcher made the necessary arrangements. Then, the researcher visited the comprehensive health centers in Masjed Soleyman city and talked to the female health caregivers and asked them to participate in the project, and the standard questionnaires on stress, self-compassion, and parent-child relationship were completed by the referring person. Next, the researcher randomly selected two centers as the experimental group and provided educational content for them. Then, after two months, she returned to the centers and completed the relevant questionnaires again.

Participants/Inclusion and exclusion criteria

Health Caregivers

Intervention groups

Health Caregivers working in comprehensive health centers in Masjed Soleyman city

Main outcome variables

Depression, stress, anxiety and self-compassion

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20250323065147N2**
Registration date: **2025-09-28, 1404/07/06**
Registration timing: **retrospective**

Last update: **2025-09-28, 1404/07/06**
Update count: **0**

Registration date

2025-09-28, 1404/07/06

Registrant information

Name

Ali Khani Jeihooni

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 71 3725 1001

Email address

alikhanijeihooni@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-04-08, 1403/01/20

Expected recruitment end date

2025-02-08, 1403/11/20

Actual recruitment start date

2024-04-08, 1403/01/20

Actual recruitment end date

2025-02-08, 1403/11/20

Trial completion date

2025-02-08, 1403/11/20

Scientific title
Investigating the effect of mindfulness intervention based on stress reduction on self-compassion and the quality of parent-child relationships in health caregivers

Public title
Mindfulness intervention based on stress reduction on self-compassion and the quality of parent-child relationships

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
Health Caregivers Having children Willingness to participate in the educational group Adequate visual and auditory function No change of residence outside the research environment from the beginning of the study to the end of the study

Exclusion criteria:
Unwillingness to participate in the study Absence of more than two training sessions

Age
No age limit

Gender
Both

Phase
N/A

Groups that have been masked

- Participant

Sample size
Target sample size: **40**
Actual sample size reached: **40**

Randomization (investigator's opinion)
Randomized

Randomization description
Sampling was available but group assignment was random.

Blinding (investigator's opinion)
Single blinded

Blinding description
The subjects were randomly assigned to two groups and initially did not know whether they were in the experimental or control group.

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics Committee of Shiraz University of Medical Sciences

Street address
Building No. 1, Department of Public Health, School of Health, Razi Blvd.

City
Shiraz

Province
Fars

Postal code
7153675541

Approval date
2024-05-26, 1403/03/06

Ethics committee reference number
IR.SUMS.SCHEANUT.REC.1403.026

Health conditions studied

1

Description of health condition studied
Stress

ICD-10 code
Z73.3

ICD-10 code description
Stress, not elsewhere classified

Primary outcomes

1

Description
Stress

Timepoint
Before the intervention and 2 months later

Method of measurement
Questionnaire

2

Description
Self-compassion

Timepoint
Before the intervention and 2 months later

Method of measurement
Questionnaire

3

Description
Parent-child relationship

Timepoint
Before the intervention and 2 months later

Method of measurement
Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Experimental group: The educational intervention for the experimental group consisted of eight sessions and was implemented in the form of three training methods (lecture, question and answer and discussion group) in comprehensive health centers for caregivers of the experimental group. Then, two months after the educational intervention, the data were completed again and compared with before the educational intervention. The content of the training was mindfulness and its components including establishing communication, building trust, meditation training, creating focus, calming the mind, improving the relationship with God and creating optimism, parent-child relationships, and self-compassion, and finally reviewing the materials.

Category
Lifestyle

2

Description
Control group: No educational intervention was provided for the control group, and only due to ethical considerations, educational content was provided to them at the end of the study.

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Comprehensive Health Centers of Masjed Soleyman city

Full name of responsible person
Ali Khani Jeihooni

Street address
Payam Noor University-Bibayan

City
Masjed Soleyman

Province
Khouzestan

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Phone
+98 917 532 8065

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khani_1512@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice President for Research, Shiraz University of Medical Sciences

Full name of responsible person
Ali Khani Jeihooni

Street address
Building No. 1, Department of Public Health, School of Health, Razi Blvd.

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Shiraz

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7153675541

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Email
khani_1512@yahoo.com

Grant name

Grant code / Reference number

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

Title of funding source
Vice President for Research, Shiraz 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
Shiraz University of Medical Sciences

Full name of responsible person
Ali Khani Jeihooni

Position
Professor

Latest degree
Ph.D.

Other areas of specialty/work
Health Promotion

Street address
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Person responsible for scientific inquiries

Contact

Name of organization / entity
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Professor

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available

Study Protocol
Yes - There is a plan to make this available

Statistical Analysis Plan
Yes - There is a plan to make this available

Informed Consent Form
Yes - There is a plan to make this available

Clinical Study Report
Yes - There is a plan to make this available

Analytic Code
Yes - There is a plan to make this available

Data Dictionary
Yes - There is a plan to make this available

Title and more details about the data/document
Educational content, people information and analyzed data

When the data will become available and for how long
Anytime

To whom data/document is available
According to the request of individuals or organizations

Under which criteria data/document could be used
For scientific use

From where data/document is obtainable
Ali Khani Jeihooni - Shiraz School of Health

What processes are involved for a request to access data/document
Request by phone or email

Comments