Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Efficacy of child-parent relationship play therapy (CPRT) in the quality of relationship and parenting stress in parents of children with visual

Protocol summary

Study aim
Determining the effectiveness of Child–Parent Relationship Therapy (CPRT) on the parent–child relationship quality and parenting stress of parents of children with visual impairment Determining the effectiveness of CPRT on the parent–child relationship quality of parents of children with visual impairment Determining the effectiveness of CPRT on the parenting stress of parents of children with visual impairment

Design
A clinical trial with two groups (experimental and control), single-blind, randomized, conducted on 32 participants (16 in each group). Randomization was performed using block randomization.

Settings and conduct
Preschools and special schools in Mashhad Conducted using the Strengths and Difficulties Questionnaire (SDQ) Participants randomly assigned to experimental and control groups Procedure: Pre-test → Intervention → Post-test → Follow-up Single-blind from the participants' perspective

Participants/Inclusion and exclusion criteria
Inclusion Criteria: Child has a visual impairment Child's age is between 6 and 9 years Parental consent to participate in the study Parents have at least a high school diploma High scores on the relevant questionnaires Exclusion Criteria: Withdrawal from participation Absence from more than two sessions Incomplete completion of questionnaires Concurrent participation in other psychotherapy sessions Requirement for psychiatric medication Use of psychiatric medication within six months prior to the study Simultaneous receipt of other psychotherapeutic services Visual impairment in parents Psychiatric disorders

Intervention groups
The intervention for the experimental group consisted of CPRT. The intervention for the control group consisted of psychoeducational training on children's developmental needs (a neutral intervention).

Main outcome variables
Enhancement of relationship quality Reduction of parenting stress

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20250702066336N1**
Registration date: **2025-10-17, 1404/07/25**
Registration timing: **registered_while_recruiting**

Last update: **2025-10-17, 1404/07/25**
Update count: **0**

Registration date
2025-10-17, 1404/07/25

Registrant information

Name
Leila Salek Ebrahimi

Name of organization / entity

Country
Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2025-09-23, 1404/07/01

Expected recruitment end date
2026-01-21, 1404/11/01

Actual recruitment start date
empty

Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Efficacy of child-parent relationship play therapy (CPRT) in the quality of relationship and parenting stress in parents of children with visual

Public title
Efficacy of child-parent relationship play therapy (CPRT) in the quality of relationship and parenting stress in parents of children with visual
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Vision problems in the child Age 6 to 9 years in children Full parental consent to participate in the research Parents must have at least a 12th grade education. Having high scores on parenting stress and relationship quality questionnaires before intervention
Exclusion criteria:
Regrets about participating in the study Missing more than two therapy sessions Failure to complete questionnaires by parents Simultaneous participation in other psychotherapy sessions The need to take psychiatric medications during intervention sessions Drug therapy from six months before the study to its start Receiving other psychotherapy services simultaneously by the parent or child Presence of vision problems in parents Presence of psychiatric problems including attention deficit hyperactivity disorder, mental retardation, and autism spectrum disorder
Age
From **6 years** old to **9 years** old
Gender
Both

Phase
N/A
Groups that have been masked

- Participant

Sample size
Target sample size: **32**
Randomization (investigator's opinion)
Randomized
Randomization description
Random allocation of participants to the experimental and control groups will be carried out using the block randomization method. For this purpose, blocks of four will be applied. Six blocks will be created from all possible permutations of these four combinations. The list of these permutations will be provided below. At each step, one of these blocks will be randomly selected, and allocation will be made according to the order specified in that block. This procedure will be performed using statistical software by a statistical consultant; therefore, the interventionist will remain unaware of the allocation of the next participant.
Blinding (investigator's opinion)
Single blinded
Blinding description
Given that the participant is not aware of whether they have been assigned to the control group or the experimental group, and that the intervention they receive—either the main intervention (Parent–Child Relationship–Based Play Therapy) or the neutral intervention (psychoeducational training on developmental needs)—the intervention is considered participant-blinded.
Placebo
Used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Research Ethics Committees of Tabriz University of Medical Sciences
Street address
Golgasht street, Central Building No. 2, 3rd Floor, office of the Vice Chancellor for Research and Technology. Tabriz University of Medical sciences
City
Tabriz
Province
East Azarbaijan
Postal code
5166616471
Approval date
2025-10-06, 1404/07/14
Ethics committee reference number
IR.TBZMED.REC.1404.505

Health conditions studied

1

Description of health condition studied
quality of relationship - parenting stress
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Relationship quality score in the Pianta Parent-Child Questionnaire
Timepoint
Measurement of relationship quality at pre-test, post-test (after the intervention), and follow-up stages for both

groups

Method of measurement

Pianta Parent-Child Questionnaire

2

Description

Parental stress score in the Abidin Short Form Parenting Stress Index

Timepoint

Measurement of parental stress at pre-test, post-test (after the intervention), and follow-up stages for both groups

Method of measurement

Abidin Short Form Parenting Stress Index

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: The parents of children with visual impairments who meet the inclusion and exclusion criteria of the target population and are selected through convenience sampling will be assigned to the experimental group using block randomization for treatment.

Category

Behavior

2

Description

Control group: The parents of children with visual impairments who meet the inclusion and exclusion criteria mentioned above and are selected through convenience sampling will be assigned to the control group using block randomization. For the members of this group as well, group psychoeducational sessions will be held focusing on the developmental needs of children.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Preschools and special education schools in the city of Mashhad

Full name of responsible person

Mahla Mohammaddust

Street address

No. 79 Ebadi St., corner of Hani 4, Mashhad, Iran

City

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9147786334

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Email

Mahlamohamaddost@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tabriz University of Medical Sciences

Full name of responsible person

دکتر خسرو ادیب کیا

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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

Tabriz 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

Tabriz University of Medical Sciences

Full name of responsible person

Leila Salek Ebrahimi

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychology
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Person responsible for scientific inquiries

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Person responsible for updating data

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Full name of responsible person
Mahla Mohammaddust
Position
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Latest degree
Bachelor
Other areas of specialty/work
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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
The data obtained from the pre-test, post-test, and follow-up assessments can be shared after de-identifying the participants.
When the data will become available and for how long
The access period will begin one year after the publication of the results.
To whom data/document is available
It will be available to students and researchers affiliated with academic and scientific institutions.
Under which criteria data/document could be used
Researchers are permitted to use the data provided that it is utilized for scientific and research purposes.
From where data/document is obtainable
mahlamohamaddost@gmail.com
What processes are involved for a request to access data/document
Obtaining an introduction letter from the university or institution with which the researcher is affiliated.
Comments