Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Investigating the effect of implementing a mindful parenting program on the parent-child relationship and emotional self-regulation of housewives living in selected Aja institutional homes

Protocol summary

Study aim
Determining the effect of implementing a mindful parenting program on the parent-child relationship and emotional self-regulation of housewives living in selected Aja institutional homes.

Design
A two-group, parallel-group, single-strain, randomized field trial on 70 housewives who will be selected using the available method.

Settings and conduct
The research environment (two organizational campuses) is divided into two control and experimental groups by simple randomization. In the pre-intervention stage, questionnaires are completed in both groups. Then after implementing the intervention in the test group in the form of holding 8 training sessions with the content of teaching Mindful parenting to mothers, after two weeks have passed, the researcher will again collect the data of the next stage in both the test and control groups.

Participants/Inclusion and exclusion criteria
Housewives with children between the ages of 6 and 12 years who have no history of mental disorders. Literacy and literacy. Residing in selected military organizational housing for at least 6 months. Conditions of non-entry: Mothers who participated in parenting, mindfulness, emotion regulation, mental health promotion, and similar courses during the study. Absence of more than two training sessions. Exposure to severe and unpredictable crises

Intervention groups
8 sessions of 120 minutes of mindful parenting training will be held for the intervention group. In the control group, after filling out the post-test questionnaires, at the end of the intervention of the experimental group, three intensive training sessions on mindful parenting will be held.

Main outcome variables
Parent-Child Relationship Emotional Self-Regulation

General information

Reason for update

Acronym
Aja

IRCT registration information
IRCT registration number: **IRCT20250920067299N1**
Registration date: **2025-10-08, 1404/07/16**
Registration timing: **prospective**

Last update: **2025-10-08, 1404/07/16**
Update count: **0**

Registration date
2025-10-08, 1404/07/16

Registrant information

Name
roya H kasaie

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 912 727 9737

Email address
roya.k6591@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2025-10-22, 1404/07/30

Expected recruitment end date
2025-11-21, 1404/08/30

Actual recruitment start date
empty

Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Investigating the effect of implementing a mindful parenting program on the parent-child relationship and emotional self-regulation of housewives living in selected Aja institutional homes

Public title
The Effect of Implementing a Mindful Parenting Program on the Parent-Child Relationship and Emotional Self-Regulation of Housewives Living
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Housewives with children in the age range of 6 to 12 years, whose children do not have a history of mental disorders (if the mother has more than one child within the mentioned age limit, she is asked to consider the child who has the most challenges with her in the process of participating in the study). Considering that 6 years old is the age to enter school and the primary school stage is the stage of physiological and psychological development which is characterized by the imbalance and incompatibility of physical and mental development and the mental problems of students mainly originate from childhood, occur in the primary period and then develop in the middle school period, the participants must have at least one child aged 6-12. Literacy of reading and writing. Living in selected army organizational houses for at least 6 months. No history of psychiatric diseases according to the person's report. Not having any sensorimotor and communication limitations that make it difficult to receive education. No history of participating in parenting, mindfulness, emotion regulation, and mental health promotion courses in the past year.
Exclusion criteria:
Mothers who participated in parenting, mindfulness, emotion regulation, mental health promotion, and similar courses during the study. Absence of more than two sessions in training sessions. Exposure to severe and unpredictable crises and events such as the death of loved ones, serious illness.
Age
No age limit
Gender
Female

Phase
N/A
Groups that have been masked

- Participant

Sample size
Target sample size: **70**
Randomization (investigator's opinion)
Randomized
Randomization description
Simple randomization with the dice throwing method
Blinding (investigator's opinion)
Single blinded
Blinding description
The participants in the study, who are mothers with children aged 6-12 years, do not know how the researcher works and only participate in the training sessions related to the training of mindfulness skills.
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
AJAUMS.REC
Street address
Shariati Street, Kaj Street, Aja Nursing College
City
Tehran
Province
Tehran
Postal code
1613918151
Approval date
2025-06-28, 1404/04/07
Ethics committee reference number
IR.AJAUMS.REC.1403.065

Health conditions studied

1

Description of health condition studied
Psychological disorders
ICD-10 code
F99
ICD-10 code description
اختلالات روانی نامشخص

Primary outcomes

1

Description
Parent-Child Relationship: The parent-child relationship is a unique bond between a child and parents or primary caregivers that influences children's physical, emotional, and social development.
Timepoint
At the beginning of the study (before the start of the intervention) and 14 days after the end of the intervention

Method of measurement
Pianta Parent-Child Relationship Questionnaire

2

Description
Emotional self-regulation: Emotional self-regulation refers to the ability to understand, accept, and modulate emotional responses.
Timepoint
At the beginning of the study (before the start of the intervention) and 14 days after the end of the intervention
Method of measurement
John and Gross Emotional Self-Regulation Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Mothers with children aged 6-12 will participate in 8 120-minute sessions of mindful parenting training based on the book by Susan Bogels and Kathleen Rostifou. Questionnaires will be completed before and after the intervention.
Category
Behavior

2

Description
Control group: Control group: Questionnaires are completed in the form of a pre-test and post-test. After the end of the intervention for the experimental group, three intensive training sessions are also held for the control group.
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
Qasr Firouze 1 and 2 organizational settlement
Full name of responsible person
Nasrin Jafari-golestan
Street address
Shariati St., Kaj St., Aja Nursing School
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Artesh University of Medical Sciences
Full name of responsible person
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Grant name
Vice President for Research, Army University of Medical Sciences
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Artesh University of Medical Sciences
Proportion provided by this source
1
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
Artesh University of Medical Sciences
Full name of responsible person
Nasrin Jafari-golestan
Position
assistant professor
Latest degree
Ph.D.
Other areas of specialty/work
Nursery
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Person responsible for scientific inquiries

Contact

Name of organization / entity
Artesh University of Medical Sciences

Full name of responsible person
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Position
Master's degree student in psychiatric nursing

Latest degree
Bachelor

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is 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
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
Not applicable

Data Dictionary
Not applicable

Title and more details about the data/document
Personal or demographic information questionnaire, Parent-Child Relationship Questionnaire (PIANTA), John and Gross Emotion Regulation Questionnaire

When the data will become available and for how long
1405-1404

To whom data/document is available
Nurses, nursing students, nursing educators, nursing researchers and mothers

Under which criteria data/document could be used
With the opinion of the research team (students, supervisors and advisors)

From where data/document is obtainable
The research team (students, supervisors and advisors)

What processes are involved for a request to access data/document
Request your request by email to the tutor.

Comments