Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Comparing the effectiveness of Supportive Parenting for Anxious Childhood Emotions (SPACE) program with and without the addition of emotion regulation skills on psychological flexibility, emotion regulation, intolerance of uncertainty, and family accommodation in parents of children with anxiety disorders symptoms

Protocol summary

Study aim
This study aims to compare the effectiveness of a supportive parenting program for children's anxiety (SPACE) with and without the inclusion of emotion regulation skills on psychological flexibility, emotion regulation, intolerance of uncertainty, and family adjustment in parents of children with anxiety disorder symptoms.

Design
This study consists of three study groups (two intervention groups and one control group) With a factorial group, single blind, simple randomization design, and will include a sample size of 90 participants.

Settings and conduct
After obtaining necessary approvals from the University of Kurdistan, Education Department of Sanandaj, and IRCT, a call for participation will be made among parents of elementary students. Parents of children with a T score above 63 on the Achenbach questionnaire will be selected as study participants. Following screening and verification of inclusion criteria, 90 volunteers will be randomly assigned to three groups (two experimental and one control). An introductory session will explain the research objectives, free treatment sessions, group rules, session scheduling, and attendance requirements. To ensure blinding, the main research purpose will not be disclosed; only that a parenting skills program will be conducted.

Participants/Inclusion and exclusion criteria
Inclusion Criteria: Parents aged 30 to 55 years, with children aged 7 to 11 years exhibiting confirmed anxiety symptoms. Exclusion Criteria: Severe psychiatric disorders or medication use, concurrent psychological interventions, non-cooperation, absence from more than three sessions, failure to complete intervention tasks.

Intervention groups
Intervention Group: Parents of children aged 7 to 11 years with symptoms of anxiety disorders.

Main outcome variables
Improvement of anxiety disorder symptoms in children.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20260209068801N1**
Registration date: **2026-04-12, 1405/01/23**
Registration timing: **prospective**

Last update: **2026-04-12, 1405/01/23**
Update count: **0**

Registration date
2026-04-12, 1405/01/23

Registrant information
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Zohre Valiei
Name of organization / entity
University of Kurdistan
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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2026-04-21, 1405/02/01
Expected recruitment end date
2026-05-20, 1405/02/30
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Comparing the effectiveness of Supportive Parenting for Anxious Childhood Emotions (SPACE) program with and without the addition of emotion regulation skills on psychological flexibility, emotion regulation, intolerance of uncertainty, and family accommodation in parents of children with anxiety disorders symptoms

Public title
Comparing the effectiveness of Supportive Parenting for Anxious Childhood Emotions (SPACE) program with and without the addition of emotion regulation skills in parents of children with anxiety disorders symptoms
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Parents aged between 30 to 55 years Parents with children aged between 7 to 11 years Presence of anxiety disorder symptoms in the child (T-score above 63 on the Achenbach questionnaire and confirmed by the researcher based on ADIS for DSM-5)
Exclusion criteria:
History of severe psychiatric disorders according to previous diagnosis by a psychiatrist and parental self-report Use of psychiatric medications in parents Participants must not receive any other psychological interventions simultaneously with the study, to prevent confounding of treatment outcomes Absence from more than three therapy sessions Not completing the specified homework throughout the intervention
Age
From **30 years** old to **55 years** old
Gender
Both

Phase
N/A
Groups that have been masked

- Participant

Sample size
Target sample size: **90**
Randomization (investigator's opinion)
Randomized
Randomization description
Randomization method: Simple Unit of randomization: Individual Randomization tool: Random number table in this research, a list of primary school students with anxiety disorders symptoms will be provided and among them, using the random numbers table, 90 people randomly selected and their parents will be invited to research. After primary screening and evaluation of entry criteria, 90 volunteers were selected and assigned randomly in three groups (experimental and one control group). Participants with informed consent participate in the study and will be informed of the allocation of the study groups.
Blinding (investigator's opinion)
Single blinded
Blinding description
Blinding method: Single-blind randomized clinical trial with an Intention-To-Treat (ITT) approach, in which participants who provide informed consent are unaware of their study group allocation. To allocate the participants in the test and control groups and to implement Single-blind randomized in a way that participants are unaware of the allocation of the studied groups cods: 1, 2 and 3 will be used and they will be asked to withdraw a number from the bag that contains cods: 1, 2 and 3. the participants will be totally unaware of the codes and of their study group allocation.
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Research Ethics Committees of University of Kurdistan
Street address
Vice Chancellor for Research, Central Administration Building, University of Kurdistan, Pasdaran Street
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Province
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Postal code
6617715175
Approval date
2026-01-09, 1404/10/19
Ethics committee reference number
IR.UOK.REC.1404.058

Health conditions studied

1

Description of health condition studied
Symptoms of Anxiety Disorders in Children
ICD-10 code
F41
ICD-10 code description

Other anxiety disorders

2

Description of health condition studied
Symptoms of Anxiety Disorders in Children
ICD-10 code
F40
ICD-10 code description
Phobic anxiety disorders

3

Description of health condition studied
Symptoms of Anxiety Disorders in Children
ICD-10 code
F93.0
ICD-10 code description
Separation anxiety disorder of childhood

4

Description of health condition studied
Symptoms of Anxiety Disorders in Children
ICD-10 code
F93.1
ICD-10 code description
Phobic anxiety disorder of childhood

5

Description of health condition studied
Symptoms of Anxiety Disorders in Children
ICD-10 code
F93.2
ICD-10 code description
Social anxiety disorder of childhood

Primary outcomes

1

Description
children with anxiety disorders symptoms
Timepoint
At baseline (prior to the initiation of the intervention), immediately after completion of the intervention, and at 1 and 3 month follow-ups after the intervention (One and Three Month Follow up)
Method of measurement
Child Behavior Checklist (CBCL) and Youth Anxiety Measure for DSM-5- Parent version (YAM-5)

Secondary outcomes

1

Description
Parental Psychological Flexibility
Timepoint
At baseline (prior to the initiation of the intervention), immediately after completion of the intervention, and at 1- and 3-month follow-ups after the intervention (One and Three Month Follow up)
Method of measurement
Parental Psychological Flexibility Questionnaire (6-PAQ)

2

Description
Parental Intolerance of Uncertainty
Timepoint
At baseline (prior to the initiation of the intervention), immediately after completion of the intervention, and at 1- and 3-month follow-ups after the intervention (One and Three Month Follow up)
Method of measurement
Intolerance of Uncertainty Scale (IUS-12)

3

Description
Parental Emotion Regulation
Timepoint
At baseline (prior to the initiation of the intervention), immediately after completion of the intervention, and at 1- and 3-month follow-ups after the intervention (One and Three Month Follow up)
Method of measurement
Emotion Regulation Questionnaire (ERQ)

4

Description
Parental Family Accommodation
Timepoint
At baseline (prior to the initiation of the intervention), immediately after completion of the intervention, and at 1- and 3-month follow-ups after the intervention (One and Three Month Follow up)
Method of measurement
Family Accommodation Scale for Anxiety (FASA)

5

Description
Child Emotion Regulation
Timepoint
At baseline (prior to the initiation of the intervention), immediately after completion of the intervention, and at 1- and 3-month follow-ups after the intervention (One and Three Month Follow up)
Method of measurement
Emotion Regulation Checklist (ERC)

6

Description
Child Intolerance of Uncertainty
Timepoint
At baseline (prior to the initiation of the intervention), immediately after completion of the intervention, and at 1- and 3-month follow-ups after the intervention (One and Three Month Follow up)
Method of measurement

Intolerance of Uncertainty Scale- Parent version (IUSC-12)

Intervention groups

1

Description

Intervention group 1: Supportive Parenting for Anxious Childhood Emotions (SPACE) program. SPACE program is a cognitive intervention designed in the form of 12 session 60 minute weekly designed to help parents reduce anxiety through family accommodation and dysfunctional parenting strategies. space program focuses on modifying the dysfunctional attitudes of parents that are inadvertently strengthening and sustaining anxiety symptoms in children (behaviors such as self confidence , avoidance and doing things instead of a child). this protocol focuses on the role of parents in direct or indirect influence on the formation or continuation of children's anxiety symptoms. In this therapeutic approach, the researcher taught parents for 12 weekly sessions of how to prevent and continue anxiety behaviors of their children and how to reduce their accommodation and thereby increase their accommodation and subsequently increase their performance.

Category

Behavior

2

Description

Intervention group 2: Supportive Parenting for Anxious Childhood Emotions (SPACE) program with addition of emotion regulation skills. The content of the program includes mental training and training to parents within a 12 sessions of 90 minutes that in addition to SPACE program, training and regulating emotions to parents are included. This treatment protocol is a structured approach to reduce anxiety in children by teaching efficient parenting to parents and training of emotion regulation skills. Considering the fact that SPACE program like most of the existing therapeutic protocols in this field, has little emphasis on the regulation of emotions of parents and children, and also with regard to recent improvements in the field of emotion regulation, it is recommended to consider the components of emotion regulation. Emotion regulation skills help parents and children to identify and control their emotions, especially in stressful or stressful situations. At the same time, these skills can reduce the parental responses and also decrease adaptation and companionship with anxiety symptoms of their children. The contents of the new program included psychological training and training for parents within the framework of a 12 minute sessions of 90 minutes.

Category

Behavior

3

Description

Control group: without any intervention, the list will be expected (in order to comply with the ethical principles of the research, after the completion of the treatment and if the intervention is effective, the control group will receive more effective intervention).

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
Education and Training District 1, Sanandaj

Full name of responsible person
Hirosh Rezaei

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No. 155, ground floor, beginning of Palestine Street, Azadi Square, Sanandaj

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
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Full name of responsible person
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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

University of Kurdistan

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
University of Kurdistan

Full name of responsible person
Zohre Valiei

Position
Ph.D. Student

Latest degree
Master

Other areas of specialty/work
Counseling and psychotherapy

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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
All data will be available for sharing after removal of identifying information and complete anonymization of the research participants.

When the data will become available and for how long
After publication of the article derived from the study.

To whom data/document is available
Editors and reviewers of reputable international journals to which manuscripts derived from the study have been submitted for review and publication.

Under which criteria data/document could be used

The data derived from the study will undergo comprehensive statistical analysis prior to submission to reputable international journals. Therefore, individuals authorized to access the data will be granted access solely for the purpose of verifying the accuracy and validity of the data.

From where data/document is obtainable

Principal Investigator: Zohreh Valiei (Email: zohre.valiei@uok.ac.ir; nvaliei7171@gmail.com)
Supervisor and Research Advisor: Omid Isanejad (Email: O.Isanejad@uok.ac.ir)

What processes are involved for a request to access data/document

Reviewers and editors of reputable international journals to which manuscripts resulting from the study are submitted may, if necessary, send a request to the specified email addresses to obtain the data. The requested files will be provided to them within two weeks.

Comments