Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The Effectiveness of a Self-Working Educational-Therapeutic Program on Reducing Parenting Stress and Enhancing the Quality of Parent–Child Interactions among Parents of Elementary School Students

Protocol summary

Study aim
To determine the effect of the Self-Working Protocol on reducing parenting stress and improving the quality of parent–child interactions among parents of elementary school students in Ahvaz.

Design
This clinical trial, which includes an intervention group and a control group, has been conducted as a single-blind study based on randomized allocation. To achieve blinding, participants will remain unaware of their assignment to the intervention or control group.

Settings and conduct
The study was conducted in Ahvaz among parents of elementary school students, using a single-blind design for the control group and a quasi-experimental pretest–posttest method with an experimental and a control group.

Participants/Inclusion and exclusion criteria
Parents of elementary school students, with children aged 6–12 years. Reporting at least a moderate level of parenting stress (PSI score ≥ 80). Adequate literacy skills, defined as the ability to read and write in Persian in order to complete questionnaires and participate in the training sessions. Willingness and commitment to participate in a 14-week program held at the clinic. Parents of children with excellent academic performance, as determined by the average of their school grades Parents of children older than 12 years

Intervention groups
The Self-Working Protocol, introduced as a systemic-thinking therapeutic approach (Joharifard, R., 2024), will be delivered in 14 weekly sessions across six phases: Body-Awareness and Emotion-Awareness, Perception-Awareness and Attention-Awareness, Future-Awareness and Life-Awareness. Each session will last 90 minutes and will be administered to the experimental group (15 participants) at the Ahvaz Psychology Clinic.

Main outcome variables
Parenting Stress; Quality of Parent–Child Interactions

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20260425069154N1**
Registration date: **2026-04-27, 1405/02/07**
Registration timing: **registered_while_recruiting**

Last update: **2026-04-27, 1405/02/07**
Update count: **0**

Registration date
2026-04-27, 1405/02/07

Registrant information

Name
Shaghayegh Keyani

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 922 312 6791

Email address
shaghayeghk7713@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2026-04-21, 1405/02/01

Expected recruitment end date
2026-05-31, 1405/03/10

Actual recruitment start date
empty

Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The Effectiveness of a Self-Working Educational-Therapeutic Program on Reducing Parenting Stress and Enhancing the Quality of Parent–Child Interactions among Parents of Elementary School Students

Public title
The Effectiveness of a Self-Working Educational-Therapeutic Program on Reducing Parenting Stress and Enhancing the Quality of Parent–Child Interactions
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Parents of elementary school students (child age 6–12 years). Reporting at least moderate levels of parenting stress (PSI score ≥ 80) Having sufficient literacy (at least the ability to read and write in Persian to complete the questionnaires and participate in the training sessions) Willingness to participate in 14 weeks of sessions at the clinic No severe psychological disorders (based on the initial interview)
Exclusion criteria:
Parents of children older than 12 years Parents of children with excellent academic performance, as determined by the average of their school grades Parents of children identified based on the researcher's initial interview and consultation, as well as the school principal's assessment
Age
From **20 years** old
Gender
Both

Phase
N/A
Groups that have been masked

- Participant

Sample size
Target sample size: **30**
Randomization (investigator's opinion)
Randomized
Randomization description
Randomization and Allocation Concealment In this study, participants will be assigned to the intervention and control groups using stratified randomization. Stratification will be based on two variables: Child's gender and baseline parenting stress level (below moderate / moderate or higher). Within each stratum, participants will be assigned using simple randomization.The random allocation sequence will be generated by an independent researcher familiar with statistical methods, using statistical software. Allocation concealment will be ensured using sequentially numbered, opaque, sealed envelopes (SNOSE). The envelopes will be opened only after baseline assessments are completed and eligibility criteria are confirmed.
Blinding (investigator's opinion)
Single blinded
Blinding description
Participants will be unaware of their allocation to the intervention or control group. They will be informed that they are participating in a parenting-related educational program, without being informed about the specific type of intervention they receive. To minimize potential bias during data collection, information regarding group allocation will be kept confidential and will not be disclosed to participants until the completion of the data collection phase.
Placebo
Not used
Assignment
Other
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
No. 36, Philosof Street, between Zohreh and Ziba, Zeytoon Karmandi
City
Ahvaz
Province
Khouzestan
Postal code
6163967743
Approval date
2026-04-19, 1405/01/30
Ethics committee reference number
IR.IAU.AHVAZ.REC.1405.001

Health conditions studied

1

Description of health condition studied
Parenting Stress and the Quality of Parent–Child Interactions among Parents of Elementary School Students
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Parenting Stress

Timepoint
Assessment of Parenting Stress Before and After the Self-Working Educational-Therapeutic Intervention.
Method of measurement
Parenting Stress Index (Abidin, 1995)

2

Description
Quality of Parent–Child Interactions
Timepoint
Assessment of Quality of Parent–Child Interactions Before and After the Self-Working Educational-Therapeutic Intervention.
Method of measurement
Parent–Child Relationship Scale (Pianta, 1994)

Secondary outcomes

1

Description
Comparison of the Effect of the Self-Working Educational-Therapeutic Program on Reducing Parenting Stress at the Pre-Intervention and Post-Intervention Stages.
Timepoint
Comparison of Parenting Stress Reduction Before and After the Self-Working Educational-Therapeutic Program. This comparison may indicate the effectiveness of the educational intervention on the target variable and demonstrate its potential to reduce parenting stress.
Method of measurement
Parenting Stress Index (Abidin, 1995)

2

Description
Comparison of the Effect of the Self-Working Educational-Therapeutic Program on Improving the Quality of Parent–Child Interactions at the Pre-Intervention and Post-Intervention Stages.
Timepoint
Comparison of the Improvement in Parent–Child Interaction Quality Before and After the Self-Working Educational-Therapeutic Program. This comparison may indicate the effectiveness of this educational program on the target variable and contribute to reducing parenting stress.
Method of measurement
Parent–Child Relationship Scale (Pianta, 1994)

Intervention groups

1

Description
The group receiving the Self-Working Educational-Therapeutic Program.
Category
Behavior

2

Description
Control group: The group not receiving the Self-Working Educational-Therapeutic Program
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
Elementary Schools (Public and Non-Public) in Ahvaz
Full name of responsible person
Shaghayegh Keyani
Street address
No. 36, Philosof Street, between Zohreh and Ziba, Zeytoon Karmandi
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Shaghayeghk7713@gmail.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University
Full name of responsible person
Aslan Agdarnejad
Street address
, Office of Industry and Community Relations, Golestan Highway – Farhangshahr – Islamic Azad University, Ahvaz Branch – Administrative Building, Second Floor
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Khouzestan
Postal code
6134937333
Phone
+98 61 3332 9200
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
Shaghayegh Keyani
Position
Master's student
Latest degree
Bachelor
Other areas of specialty/work
Psychology
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No. 36, Philosof Street, between Zohreh and Ziba, Zeytoon Karmandi
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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
Not applicable
Informed Consent Form
Yes - There is a plan to make this available
Clinical Study Report
Not applicable
Analytic Code
Not applicable
Data Dictionary
Not applicable
Title and more details about the data/document
Self-Working Educational-Therapeutic Program Data Obtained from Participants After the Posttest Findings, Discussion, and Conclusion
When the data will become available and for how long
From September 2026 to six months thereafter
To whom data/document is available
Students who intend to work in research-based therapeutic interventions Faculty members specializing in this field Individuals who require its use for

scientifically justified purposes

Under which criteria data/document could be used

Teachers and education administrators who intend to use the study's findings to improve the family and academic circumstances of students and their parents. Families and parents who intend to use the study's findings to improve their own family and academic circumstances and those of their children.

From where data/document is obtainable

Participants may contact the principal researcher, Ms. Kiani, via email at Shaghayeghk7713@gmail.com, or visit the Islamic Azad University, Ahvaz Branch, to establish communication with the principal researcher or obtain the necessary information directly from the university.

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

The individual should inform the principal researcher, after which the principal researcher will review the requester's reasons. In coordination with the Islamic Azad University, Ahvaz Branch, the request will be evaluated, and upon approval, the requested information will be provided to the applicant.

Comments