Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effectiveness of mindful parenting on parent-child conflict, child attachment styles, and parenting stress in mothers of children with cyberspace addiction in Ahvaz County

Protocol summary

Study aim

The overall goal of the present research is to determine the effectiveness of mindful parenting on parent-child conflict, child's attachment styles, and parental stress in mothers with children suffering from internet addiction in Ahvaz city.

Design

A randomized controlled clinical trial with groups assigned using a random number table.

Settings and conduct

This study will be conducted in Ahvaz among mothers with children diagnosed with virtual space addiction who meet the inclusion criteria. Participants will be identified through counseling centers, public places, and announcements posted on social networks. After selecting 30 volunteers, they will be randomly assigned to two groups of 15 participants each: an experimental group and a control group. Given the nature of the intervention, blinding will not be implemented in this study. The experimental group will receive the mindful parenting intervention, while the control group will remain on a waiting list.

Participants/Inclusion and exclusion criteria

From among mothers with children diagnosed with virtual space addiction in Ahvaz in 1405 (2026), who will be identified through counseling centers, public places, and calls announced on social networks, and whose children obtain a score above 63 (indicating moderate to high virtual world addiction) on the Virtual World Addiction Questionnaire developed by Lee et al. (2005), a total of 30 mothers will be selected as the sample using a convenience sampling method and based on the inclusion and exclusion criteria. These participants will then be randomly assigned to two groups of 15, an experimental group and a control group.

Intervention groups

The experimental group will receive the mindful parenting intervention, while the control group will not receive any intervention.

Main outcome variables

The level of parental stress in mothers

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200722048168N3**
Registration date: **2026-06-29, 1405/04/08**
Registration timing: **prospective**

Last update: **2026-06-29, 1405/04/08**
Update count: **0**

Registration date

2026-06-29, 1405/04/08

Registrant information

Name

Amir Amiri

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 61 3334 2454

Email address

khazan1381@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2026-06-30, 1405/04/09

Expected recruitment end date

2026-07-20, 1405/04/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of mindful parenting on parent-child conflict, child attachment styles, and parenting stress in mothers of children with cyberspace addiction in Ahvaz County

Public title

The effectiveness of mindful parenting on parent-child conflict, child attachment styles, and parenting stress

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Obtaining a score of 63 or above (cutoff point) on the standard Virtual World Questionnaire developed by Lee et al. (2005) by the child.

Exclusion criteria:

Participant’s unwillingness to continue cooperation in the field research process

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

In this study, participants will be randomly assigned to the experimental and control groups. First, a list of eligible participants will be prepared and a numerical code will be assigned to each participant. Then, using a random number table, a random allocation sequence for the two groups will be generated.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Islamic Azad University of Ahvaz Branch

Street address

Islamic Azad University, Ahvaz Branch, Farhang Shahr, Golestan Expressway, Ahvaz, Iran

City

Ahvaz

Province

Khouzestan

Postal code

۶۱۳۴۹-۳۷۳۳۳

Approval date

2026-05-22, 1405/03/01

Ethics committee reference number

IR.IAU.AHVAZ.REC.1405.111

Health conditions studied

1

Description of health condition studied

parental stress

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Parental stress score on the Abidin Parenting Stress Index–Short Form (1995)

Timepoint

Before and after the implementation of the mindful parenting intervention

Method of measurement

The 36-item Abidin Parenting Stress Index–Short Form (1995)

Secondary outcomes

1

Description

Parent–child conflict score

Timepoint

Before and after the implementation of the mindful parenting intervention

Method of measurement

The 33-item Pianta Parent–Child Interaction Questionnaire (1994)

2

Description

Child’s attachment style score

Timepoint

Before and after the implementation of the mindful parenting intervention

Method of measurement

The 15-item Hazan and Shaver Attachment Style

Questionnaire

Intervention groups

1

Description
Intervention group: Intervention group: Will receive the mindful parenting intervention based on the protocol of Bögels and Restifo (2014) in 8 weekly sessions of 100 minutes each.
Category
Rehabilitation

2

Description
Control group: no intervention
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Islamic Azad University, Ahvaz Branch
Full name of responsible person
Tayebeh Ameri
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Golestan Highway, Farhangshahr, Islamic Azad University, Ahvaz Branch
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University
Full name of responsible person
Aslan Igadarnezhad
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+98 61 3332 9200
Email
info@iauahvaz.ac.ir
Web page address
https://ahvaz.iau.ir/fa
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
Tayebeh Ameri
Position
Master’s student
Latest degree
Bachelor
Other areas of specialty/work
Psychology
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Golestan Highway, Farhangshahr, Islamic Azad University, Ahvaz Branch
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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD
Compliance with ethical research standards and ensuring participant data confidentiality.

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
No - There is not a plan to make this available

Title and more details about the data/document
As a Master’s thesis

When the data will become available and for how long
From 2026/09/23 onwards

To whom data/document is available
Other contributors

Under which criteria data/document could be used
To advance scientific knowledge and address existing research gaps

From where data/document is obtainable
Thesis Office, Islamic Azad University, Ahvaz Branch

What processes are involved for a request to access data/document
Referring to the Vice Presidency for Research of Islamic Azad University, Ahvaz Branch to obtain the relevant permit, followed by referring to the Thesis Office

Comments
Overall, this study is a thesis conducted to obtain a Master’s degree, and its results will be published and made available in the form of a thesis.