Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The effectiveness of rational emotive behavior therapy (REBT) on fear of the future, parenting styles, and parenting stress among mothers of female senior high school students with social media addiction

Protocol summary

Study aim

The overall aim of the present study is to determine the effectiveness of Rational Emotive Behavior Therapy (REBT) on fear of the future, parenting styles, and parental stress among mothers of female high school students (upper secondary level) with addiction to virtual space in Abadan.

Design

A randomized controlled, parallel-group, open-label clinical trial was conducted on 30 mothers of students with social media addiction. Randomization was performed using a random number table. Thirty participants (15 per group) were enrolled.

Settings and conduct

This study will be conducted in Abadan among mothers who have children with addiction to virtual space and meet the inclusion criteria. Participants will be identified through counseling centers, public places, and calls for participation published 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 Rational Emotive Behavior Therapy (REBT), while the control group will remain on a waiting list.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Child's score above 63 on the Lee et al. (2005) Virtual World Addiction Questionnaire, minimum literacy, no history of addiction or major psychiatric disorders, informed consent, and willingness to receive non-pharmacological treatment. Exclusion criteria: Withdrawal from the study, occurrence or severe relapse of a physical or psychiatric illness during the study, or death of the mother or child.

Intervention groups

The experimental group will receive the Rational Emotive Behavior Therapy (REBT) 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: **IRCT20200722048168N4**
Registration date: **2026-07-01, 1405/04/10**
Registration timing: **registered_while_recruiting**

Last update: **2026-07-01, 1405/04/10**
Update count: **0**

Registration date

2026-07-01, 1405/04/10

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

2026-07-01, 1405/04/10

Expected recruitment end date

2026-07-21, 1405/04/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of rational emotive behavior therapy (REBT) on fear of the future, parenting styles, and parenting stress among mothers of female senior high school students with social media addiction

Public title

The effectiveness of rational emotive behavior therapy (REBT) on fear of the future, parenting 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

2026-05-23, 1405/03/02

Ethics committee reference number

IR.IAU.AHVAZ.REC.1405.115

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 implementing the Rational Emotive Behavior Therapy (REBT) intervention

Method of measurement

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

Secondary outcomes

1

Description

Fear of the future score

Timepoint

Before and after implementing the Rational Emotive Behavior Therapy (REBT) intervention

Method of measurement

The score on the Fear of the Future subscale of the 13-item Future Time Perspective Questionnaire developed by Broders et al. (2014)

2

Description

Parenting styles score

Timepoint

Before and after implementing the Rational Emotive Behavior Therapy (REBT) intervention

Method of measurement

The score on the 30-item Parenting Styles Questionnaire developed by Baumrind (1991)

Intervention groups

1

Description

Intervention group: will receive group psychotherapy based on Rational Emotive Behavior Therapy (REBT) using the protocol of Ellis and Dryden (1997; translated by Firoozbakht, 2018), delivered in six 100-minute sessions, one session per week.

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

Maryam Khatarian

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

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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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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

Maryam Khatarian

Position

Master’s student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

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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.