Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Investigating the effectiveness of an intervention program based on the Pender model to promote treatment adherence behavior in parents of children with autism spectrum disorder

Protocol summary

Study aim

Determining the effectiveness of an educational-interventional program based on the Pender model to improve treatment compliance behavior in parents of children with autism spectrum disorder

Design

This experimental study has a control group, with randomized parallel groups, phase 1 on 94 parents, Excel software will be used for randomization.

Settings and conduct

In this way, after obtaining the necessary permits from the university officials, first a list of psychological treatment centers for patients with autism spectrum disorders in Hamedan city is prepared and then 2 centers are randomly selected and then the samples will be selected randomly among the parents of children who refer to these centers, test and control.

Participants/Inclusion and exclusion criteria

The inclusion criteria for the study also included residing in the city of Hamedan; willingness to participate in the study (completing a consent form, interviewing, completing a questionnaire), and having a file at the aforementioned center.The exclusion criteria for parents who are not able to respond and participate in the study or are under psychological counseling elsewhere, parents who have mental illnesses; Depression and the use of anti-stress and anxiety medications

Intervention groups

The educational intervention included attractive and innovative educational content for parents with autistic children, which included educational clips and animations with VideoScribe, posters, pamphlets, lectures and educational PowerPoints, and educational booklets.

Main outcome variables

Pender's model constracts includes perceived benefits, perceived barriers, behavioral emotions, interpersonal influencers, situational influencers, commitment to program implementation, treatment compliance behavior.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200914048719N5**
Registration date: **2026-07-25, 1405/05/03**
Registration timing: **registered_while_recruiting**

Last update: **2026-07-25, 1405/05/03**
Update count: **0**

Registration date

2026-07-25, 1405/05/03

Registrant information

Name

Hanieh Jormand

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 81 3838 0090

Email address

jormand69h@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2026-05-16, 1405/02/26

Expected recruitment end date

2026-08-17, 1405/05/26

Actual recruitment start date

empty

Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Investigating the effectiveness of an intervention program based on the Pender model to promote treatment adherence behavior in parents of children with autism spectrum disorder

Public title
Investigating the effectiveness of an intervention program based on the Pender model to promote treatment adherence behavior in parents of children with autism spectrum disorder
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
The inclusion criteria for the study also included residing in the city of Hamadan; willingness to participate in the study (completing a consent form, interviewing, completing a questionnaire), and having a file at the aforementioned center.
Exclusion criteria:
Parents who are unable to respond and participate in the study or are undergoing psychological counseling elsewhere, parents who suffer from mental illnesses; depression and use anti-stress and anxiety medications
Age
No age limit
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **94**
Randomization (investigator's opinion)
Randomized
Randomization description
In this study , the random allocation of parents to intervention and control groups using random block method will be conducted to achieve this goal , four sheets of paper will be prepared - two cards called intervention and two cards called control .these sheets of paper are placed in a container .parents will be selected at one time without being replaced , and for each patient, a paper sheet will be randomly drawn from the container. After each draw, the paper sheets will be returned to the container, and the process will be repeated until the desired sample size is reached.
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 Hamadan University of Medical Sciences
Street address
Vice-chancellor for Research and Technology, Hamadan University of Medical Sciences, Fahmideh Ave
City
Hamadan
Province
Hamadan
Postal code
6517838695
Approval date
2025-09-02, 1404/06/11
Ethics committee reference number
IR.UMSHA.REC.1400.887

Health conditions studied

1

Description of health condition studied
Autism Spectrum Disorder
ICD-10 code
F84.0
ICD-10 code description
Childhood autism

Primary outcomes

1

Description
Treatment Adherence Habit
Timepoint
Before the educational intervention and 3 months later
Method of measurement
Using the self - made questionnaire based on pender model assessment test

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: The educational intervention included engaging and innovative educational content designed for parents of children with autism, including

educational clips and animations with VideoScribe, posters, pamphlets, lectures, educational PowerPoints, and educational booklets. This educational intervention was designed solely for the test group in 4 sessions of 20 minutes, 2 times a week.

Category
Behavior

2

Description
Control group: the educational content is also provided by pamphlets for physical activity - aerobic exercise

Category
Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center
Autism treatment and counseling centers in Hamadan

Full name of responsible person
Hanieh Jormand

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Hamadan University of Medical Sciences, Fahmideh Ave

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6517838695

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Hamedan University of Medical Sciences

Full name of responsible person
Dr. Alireza Soltanian

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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
Hamedan University of Medical Sciences

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
Hamedan University of Medical Sciences

Full name of responsible person
Hanieh Jormand

Position
Assistant professor

Latest degree
Ph.D.

Other areas of specialty/work
Health Promotion

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Person responsible for scientific inquiries

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Assistance professor

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Ph.D.

Other areas of specialty/work
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Person responsible for updating data

Contact

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Other areas of specialty/work
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be 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
Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report
Not applicable

Analytic Code
Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available