

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### The impact of enabling plan empowerment of mothers have mentally retarded student pupil in order to improve the quality of life components in special schools

#### Protocol summary

##### Summary

The effect of Family Empowerment Project on educable mentally retarded girls' quality of life parameters in special schools. Determination of the effect of Family Empowerment Project on "family interaction" in families with educable mentally retarded girls in special schools. Determination of the effect of Family Empowerment Project on "parenting capability" in families with educable mentally retarded girls in special schools. Determining the effect of Family Empowerment Project on "emotional health" in families with educable mentally retarded girls in special schools. Determination of the effect of Family Empowerment Project on "physical health" in families with educable mentally retarded girls in special schools. Determination of the effect of Family Empowerment Project on "support for the disabled" in families with disabled children in special schools. Determination of the effect of Family Empowerment Project on "mothers' resilience" in families with disabled children in special schools. The sample population was comprised of 75 mothers with mentally retarded girls who were enrolled by census. In the present study, participants will be assigned to one group, research instruments will be filled out before and after intervention, and no matching will be done. Inclusion criterion into the study is having an educable mentally retarded girl. Mothers of children with other disabilities will not be enrolled into this study. Empowerment intervention will be implemented by training methods such as lecturing using educational media, posters, booklets, videos, and pamphlets. The primary outcome is to seek the improvement of quality of life parameters; secondary outcome will be measurement of mothers' resilience rate, religious attitude, and aggression rate.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2015080923566N1**  
Registration date: **2015-11-08, 1394/08/17**  
Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2015-11-08, 1394/08/17

##### Registrant information

##### Name

Sakineh Askari Shahid

##### Name of organization / entity

Yasuj University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 74 3323 2837

##### Email address

askari8808@yahoo.com

##### Recruitment status

**Recruitment complete**

##### Funding source

Yasuj University of Medical Sciences (YUMS)

##### Expected recruitment start date

2015-03-07, 1393/12/16

##### Expected recruitment end date

2015-07-23, 1394/05/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

### Scientific title

The impact of enabling plan empowerment of mothers have mentally retarded student pupil in order to improve the quality of life components in special schools

### Public title

Enabling the family of the mentally retarded to improve the components of life.

### Purpose

Other

### Inclusion/Exclusion criteria

Having a trainable mentally retarded daughter

### Age

From **24 years** old to **54 years** old

### Gender

Female

### Phase

N/A

### Groups that have been masked

*No information*

### Sample size

Target sample size: **75**

### Randomization (investigator's opinion)

N/A

### Randomization description

### Blinding (investigator's opinion)

Not blinded

### Blinding description

### Placebo

Not used

### Assignment

Single

### Other design features

## Secondary Ids

### 1

#### Registry name

#### Secondary trial Id

#### Registration date

2017-11-21, 1396/08/30

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Yasuj University of Medical Sciences (YUMS)

##### Street address

Research Deputy of Research, building No.2, university of medical sciences, Motahari Blvd, Yasuj, Iran.

##### City

Yasuj

##### Postal code

##### Approval date

2015-01-23, 1393/11/03

#### Ethics committee reference number

93012003015

## Health conditions studied

### 1

#### Description of health condition studied

The association between empowerment of mothers with educable mentally retarded girls and improvement of quality of life parameters

#### ICD-10 code

Z80-Z99

#### ICD-10 code description

Persons with potential health hazards related to family and personal history and certain conditions influencing health status

## Primary outcomes

### 1

#### Description

Quality of life

#### Timepoint

Before intervention and four weeks after intervention.

#### Method of measurement

Family Quality of Life Scale

### 2

#### Description

Family Interaction:

#### Timepoint

Before intervention and four weeks after intervention

#### Method of measurement

Family Quality of Life Scale General Description

### 3

#### Description

Parenting

#### Timepoint

Before intervention and four weeks after intervention

#### Method of measurement

Family Quality of Life Scale General Description

### 4

#### Description

Emotional Well-being

#### Timepoint

Before intervention and four weeks after intervention

#### Method of measurement

Family Quality of Life Scale

### 5

#### Description

Physical / Material Well-being

#### Timepoint

Before intervention and four weeks after intervention

**Method of measurement**

Family Quality of Life Scale

**6**

**Description**

Disability-Related Support

**Timepoint**

Before intervention and four weeks after intervention

**Method of measurement**

Family Quality of Life Scale

**7**

**Description**

Self-belief

**Timepoint**

Before intervention and four weeks after intervention

**Method of measurement**

Family Quality of Life Scale

**Secondary outcomes**

**1**

**Description**

Estimate the self efficacy

**Timepoint**

Eight weeks after intervention

**Method of measurement**

self efficacy Scale

**Intervention groups**

**1**

**Description**

The enabling intervention is to be held using Empowerment intervention will be implemented by training methods such as lecturing using educational media, posters, booklets, videos, and pamphlets in four one and a half hours session, in four weeks. The questionnaire will be filled before and after the intervention. Moreover, they will be compared before and after the intervention with each other. Lifestyle intervention

**Category**

Lifestyle

**Recruitment centers**

**1**

**Recruitment center**

**Name of recruitment center**

LaLeh 1 special needs school

**Full name of responsible person**

Sakine Askari Shahed

**Street address**

**City**

Yasuj

**Sponsors / Funding sources**

**1**

**Sponsor**

**Name of organization / entity**

Yasuj University of Medical Sciences

**Full name of responsible person**

Moosavie Abdo Mohammed

**Street address**

Motahari Blvd.University of Medical Sciences yasuj

**City**

Yasouj

**Grant name**

**Grant code / Reference number**

**Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Yasuj University of Medical Sciences

**Proportion provided by this source**

100

**Public or private sector**

empty

**Domestic or foreign origin**

empty

**Category of foreign source of funding**

empty

**Country of origin**

**Type of organization providing the funding**

empty

**Person responsible for general inquiries**

**Contact**

**Name of organization / entity**

Yasuj University of Medical Sciences

**Full name of responsible person**

Sakineh Askari Shaid

**Position**

MA student

**Other areas of specialty/work**

**Street address**

Kohgiloyeh and Boyerahmad, NO35, Shohada1str, Yasuj, Iran

**City**

Yasuj

**Postal code**

**Phone**

+7 433232837

**Fax**

**Email**

askari8808@yahoo.com

**Web page address**

**Person responsible for scientific inquiries**

**Contact**

**Name of organization / entity**

Yasuj University of Medical Sciences

**Full name of responsible person**

Kambiz.karimzadeh shirazi

**Position**

PhD.health education

**Other areas of specialty/work**

**Street address**

School of health, 15thGolestan, EmamHossain Blvd

**City**

Yasuj

**Postal code**

**Phone**

+7 433331808

**Fax**

**Email**

karimzadehshirazi@yahoo.com

**Web page address**

**Person responsible for updating data**

**Contact**

**Name of organization / entity**

Yasuj University of Medical Sciences

**Full name of responsible person**

Skineh Askari Shahid

**Position**

MA Student Health Promotion

**Other areas of specialty/work**

**Street address**

Kohgiloyeh and Boyerahmad, NO35.shohada1Str,  
1stShohada,Yasouj, Iran

**City**

Yasuj

**Postal code**

**Phone**

+7 433232837

**Fax**

**Email**

askari8808@yahoo.com

**Web page address**

**Sharing plan**

**Deidentified Individual Participant Data Set (IPD)**

*empty*

**Study Protocol**

*empty*

**Statistical Analysis Plan**

*empty*

**Informed Consent Form**

*empty*

**Clinical Study Report**

*empty*

**Analytic Code**

*empty*

**Data Dictionary**

*empty*