Clinical Trial Protocol
Iranian Registry of Clinical Trials

31 Oct 2026

Efficacy of Peer Group Support on resilience and Self-esteem in adolescents of parents with mood Disorder

Protocol summary

Study aim
Evaluating the effect of peer group counseling on adolescents with parents with mood disorders

Design
Randomized clinical trial using SPSS software randomly 50 people for the intervention group and 50 people for the control group.

Settings and conduct
Randomized clinical trial on children aged 12 to 18 years with patients with major depression and bipolar disorder performed at Kargarnejad Hospital in Kashan. The psychiatrist reviews the questionnaires and interviews without knowing the type of study group.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Adolescents aged 12 to 18 years, Parents who have been diagnosed mood disorder based on DSM 5 and a psychiatrist diagnosis Awareness that parents have a psychiatric illness. Written consent of parents or primary caregivers to attend group meetings, Willingness to attend the program, No psychiatric illness in adolescents. Exclusion criteria: Lack of consent Children do not want to participate or continue working in the group Age less than 12 and more than 18 years Adolescent psychiatric illness Absence of more than two sessions in a group

Intervention groups
The intervention group consisted of 50 people (including groups of 6 to 10 persons) and the control group of 50 persons. In the first group, people attend a 45- to 50-minute session each week for eight consecutive weeks. No intervention is performed on the control group (waiting list) Both groups answer the "Connor and Davidson Resilience" and "Rosenberg Self-Esteem" questionnaires at the beginning and end of 8 weeks.

Main outcome variables
Connor & Davidson test score (subscale of perception of individual competence, trust in individual instincts and tolerance of negative emotions, positive acceptance of change and safe relationships, control, spiritual effects) Rosenberg self-esteem test score

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20210804052078N1**
Registration date: **2022-04-01, 1401/01/12**
Registration timing: **registered_while_recruiting**

Last update: **2022-04-01, 1401/01/12**
Update count: **0**

Registration date
2022-04-01, 1401/01/12

Registrant information

Name
Tayebeh Panjehpour

Name of organization / entity

Country
Iran (Islamic Republic of)

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+98 31 3264 6466

Email address
panjehpour-t@kaums.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2022-03-06, 1400/12/15

Expected recruitment end date
2022-04-21, 1401/02/01

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date

empty

Scientific title
Efficacy of Peer Group Support on resilience and Self-esteem in adolescents of parents with mood Disorder

Public title
Peer Group Support on resilience and Self-esteem in adolescents

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
Adolescents aged 12 to 18 years Parents who have been diagnosed mood disorder based on DSM 5 Awareness that parents have a psychiatric illness Written consent of parents or primary caregivers to attend group Willingness to attend the program No psychiatric illness in adolescents

Exclusion criteria:
Lack of consent adolescents do not want to participate or continue participation in the group Age less than 12 and more than 18 years Adolescents with psychiatric illness Absence in more than two sessions

Age
From **12 years** old to **18 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **100**

Randomization (investigator's opinion)
Randomized

Randomization description
The study population will be first extracted from the children of 12 to 18 years old of parents with major depression or bipolar disorder who are undergoing outpatient treatment in Kargarnejad Clinic or Hospital and will be assigned a unique number. Using SPSS software, 50 people will be randomly selected for the intervention group and 50 people for the control group.

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 Kashan University of Medical Sciences

Street address
Kashan University of Medical Sciences,Qotb Ravandi Blvd.

City
kashan

Province
Isfehan

Postal code
73474-87159

Approval date
2022-02-12, 1400/11/23

Ethics committee reference number
IR.KAUMS.MEDNT.REC.1400.177

Health conditions studied

1

Description of health condition studied
Major Depressive Disorder

ICD-10 code
F32

ICD-10 code description
Major depressive disorder, single episode

2

Description of health condition studied
Bipolar Disorder

ICD-10 code
F31

ICD-10 code description
Bipolar disorder

Primary outcomes

1

Description
Resilience

Timepoint
Weeks 0, 8

Method of measurement
Connor & Davidson Questionnaire

2

Description
Self esteem

Timepoint
Weeks 0, 8

Method of measurement
Rosenberg Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: 50 children aged 12 to 18 years with patients with major depression and bipolar disorder, in groups of 6 to 10, for 8 consecutive weeks, one session of 45 to 50 minutes per week. The group is trained by the facilitator according The Kids in Control program is guided by the concepts in Supportive Psychotherapy Learning Guide, Depression: Family Education Guide, Bipolar Disorder Education Guide, and pamphlets on the COPMI website. At the beginning of the sessions and at the end of the eighth week, the Conner and Davidson Resilience Questionnaire and Eisenberg Self-Esteem Questionnaire will be completed by the participants.

Category
Behavior

2

Description
Control group: Fifty children aged 12 to 18 years with patients with major depression and bipolar disorder are included in the study as a waiting list. In the beginning and eighth week, the Conner and Davidson Resilience Questionnaire and Eisenberg Self-Esteem Questionnaire are completed by the participants.

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Kargarnezhad Hospital ,Kashan

Full name of responsible person
Tayebeh Panjehpour

Street address
Blvd Ghotbe Ravandi

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Panjehpour-t@kaums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Kashan University of Medical Sciences

Full name of responsible person
Hamidreza Banafshe

Street address
Kashan University of Medical Sciences,Qotb Ravandi BLvd

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Banafshe57@hotmail.com

Grant name

Grant code / Reference number

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

Title of funding source
Kashan University of Medical Sciences

Proportion provided by this source
10

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
Kashan University of Medical Sciences

Full name of responsible person
Tayebeh Panjehpour

Position
Resident

Latest degree
Medical doctor

Other areas of specialty/work
Psychiatrics

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Person responsible for scientific

inquiries

Contact

Name of organization / entity
Kashan University of Medical Sciences

Full name of responsible person
Fatemeh Assarian

Position
Professor

Latest degree
Subspecialist

Other areas of specialty/work
Psychiatrics

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Person responsible for updating data

Contact

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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
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
Yes - There is a plan to make this available

Title and more details about the data/document
Demographic characteristics of parents and adolescents, raw scores of Connor & Davidson test and Rosenberg test

When the data will become available and for how long
Access period starts one year after the results are published

To whom data/document is available
Researchers working for academic and scientific institutes

Under which criteria data/document could be used
For metanalyses and systematic reviews and head to head studies

From where data/document is obtainable
Research Center of the Vice Chancellor for Research of Kashan University of Medical Sciences

What processes are involved for a request to access data/document
Sending a request letter to the Vice Chancellor for Research of Kashan University of Medical Sciences approved by the supervisor attending of the project

Comments