

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The effectiveness of motivational psychotherapy on psychological symptoms and psychological cohesion of mothers of students with learning disabilities

Protocol summary

Study aim

Psychological symptoms and low levels of psychological cohesion are among the psychological problems among mothers with children with learning disabilities that can reduce their quality of life and affect their parent , child relationships. Therefore, it is necessary to study the situation and try to reduce them among these mothers.

Design

The statistical population of this study will be all mothers of children with learning disabilities in Zabol in the academic year of 1400, who have files in the center of the Educational and Rehabilitation Center for students with special learning problems of Shahid Salavatian Zabol (65 people). The sample of the present study will be available to 40 people by sampling method.

Settings and conduct

The experimental group will receive 60 minutes of motivational psychotherapy training in Zabol Disorders Center during 8 sessions based on Sahebdel motivational psychotherapy package (1398).

Participants/Inclusion and exclusion criteria

The condition for entering the research will be consent to participate in the training course and also no psychological problems or concurrence of receiving medical services due to mood disorders, and the condition for leaving will be the absence of more than two sessions.

Intervention groups

The experimental group will receive 60 minutes of motivational psychotherapy training during 8 sessions based on Sahebdel motivational psychotherapy package (1398); While the control group will not receive any training. Then post-test will be taken from both groups to compare the results of the two groups.

Main outcome variables

The rate of psychological problems of mothers with children with learning disabilities, the degree of

psychological cohesion of mothers with children with learning disabilities

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220125053829N1**

Registration date: **2022-06-18, 1401/03/28**

Registration timing: **registered_while_recruiting**

Last update: **2022-06-18, 1401/03/28**

Update count: **0**

Registration date

2022-06-18, 1401/03/28

Registrant information

Name

Abdulghader Shahzhepour

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 54 3222 0275

Email address

ghadershahzhepour1237@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-04-24, 1401/02/04

Expected recruitment end date

2022-07-12, 1401/04/21

Actual recruitment start date

empty

Actual recruitment end date

empty
Trial completion date
empty

Scientific title
The effectiveness of motivational psychotherapy on psychological symptoms and psychological cohesion of mothers of students with learning disabilities

Public title
Evaluation of motivational psychotherapy on psychological symptoms and psychological cohesion of mothers of students with learning disabilities

Purpose
Supportive

Inclusion/Exclusion criteria
Inclusion criteria:

Parental consent

Exclusion criteria:

Age
From **20 years** old to **50 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **40**

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

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics Committee of Birjand University of Medical Sciences (Ethics Committee in Research)

Street address
Ghaffari St., Birjand Azad University

City
birjand

Province
South Khorasan

Postal code
9717411111

Approval date

2022-02-28, 1400/12/09
Ethics committee reference number
IR.BUMS.REC.1400.421

Health conditions studied

1

Description of health condition studied

Psychological problems in mothers with children with learning disabilities

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Percentage of mothers with children with learning disabilities who have psychological problems

Timepoint

Evaluation of psychological problems at the beginning of the study and after 8 sessions of motivational psychotherapy to mothers with children with learning disabilities

Method of measurement

Psychological Syndrome Questionnaire (Depression, Anxiety, Stress - Flensburg-medsen, Ventegodt & Merrick)

Secondary outcomes

1

Description

Depression rate of mothers with children with learning disabilities

Timepoint

At the beginning of the study and after 8 sessions of psychotherapy

Method of measurement

Psychological test questionnaire

Intervention groups

1

Description

Intervention group: The intervention group consists of 40 mothers who will be trained during 8 sessions based on Sahebdel motivational psychotherapy training package (1398).

Category

Other

2

Description

Control group: The control group is 40 mothers

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Educational and rehabilitation center for students with special learning problems of Shahid Salavati

Full name of responsible person

Abdul Qader Shah Zehpour

Street address

Zabul Taleghani Street

City

zabol

Province

Sistan-va-Balouchestan

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9861645953

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Majid Aliabadi

Street address

Ghaffari Street, Birjand, South Khorasan Province, Iran

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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

Abdulghader Shahzhepour

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

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Latest degree

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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

No - There is not a plan to make this available

Clinical Study Report

Not applicable

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

Information about Dass-21 Psychological Syndrome Questionnaire and Mental Cohesion Questionnaire

When the data will become available and for how long

1402

To whom data/document is available

Researchers working in universities

Under which criteria data/document could be used

For social studies

From where data/document is obtainable

abdolghadreshahzhepur1237@gmail.com

What processes are involved for a request to access data/document

Send request for documents to the given e-mail address.

Comments