

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Investigating the effectiveness of parental cognitive hypnotherapy on impulsivity, aggression and improving the parent-child relationship

Protocol summary

Study aim

Determining Investigating the effectiveness of parental cognitive hypnotherapy on impulsivity, aggression and improving the parent-child relationship

Design

A parallel-group randomized controlled clinical trial on 30 mothers with children. Randomized block method was used for randomization.

Settings and conduct

This study is conducted in educational schools in Tehran. Mothers with children with behavioral problems are included in the study. Mothers will be randomly divided into two groups of 15 people. The experimental group will receive cognitive hypnotherapy intervention. The control group will not be affected by any intervention and will only follow the usual care.

Participants/Inclusion and exclusion criteria

Inclusion criteria: confirming the diagnosis of parental impulsivity or aggression, reporting problems in relation to the child, and the age range of 25 to 45 years for mothers and 8 to 10 years for children. Exclusion criteria: Not participating regularly in hypnotherapy sessions, having severe mental disorders and separation of parents or relocation.

Intervention groups

The intervention group includes mothers and children who participate in 8 90-minute group sessions of cognitive hypnotherapy based on Aladdin's (2007) protocol. These sessions include mental relaxation techniques, hypnotherapy inductions and cognitive exercises to improve impulse control and reduce aggression. Also, the focus is on strengthening healthy parent-child communication and increasing self-awareness. The control group received no intervention and only continued standard care.

Main outcome variables

Impulsivity, aggression, improvement of parent-child relationship

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20240905062955N1**

Registration date: **2024-09-14, 1403/06/24**

Registration timing: **prospective**

Last update: **2024-09-14, 1403/06/24**

Update count: **0**

Registration date

2024-09-14, 1403/06/24

Registrant information

Name

Setayesh Moradi

Name of organization / entity

Islamic Azad University, Semnan branch

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-10-06, 1403/07/15

Expected recruitment end date

2024-11-05, 1403/08/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating the effectiveness of parental cognitive hypnotherapy on impulsivity, aggression and improving the parent-child relationship

Public title

Investigating the effectiveness of parental cognitive hypnotherapy on impulsivity, aggression and improving the parent-child relationship

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Confirming the diagnosis of parents' impulsivity or aggression based on standard questionnaires Report problems with the child, such as lack of effective communication or frequent conflicts The age range is 25 to 45 years for mothers and 8 to 10 years for children. Parents should be willing to attend regular hypnotherapy sessions At the time of entering the research, parents should not use drugs that affect hypnotherapy (such as sedatives or anti-anxiety drugs). Parents must be in good physical health and no chronic illness prevents them from participating in the meetings.

Exclusion criteria:

Parents who do not want to participate regularly in hypnotherapy sessions or do not participate in research sessions. Starting to take sedatives, anti-anxiety drugs or other drugs that affect the results of hypnotherapy. In the event of events such as separation of parents or relocation that can affect the parent-child relationship. If the parents have serious psychiatric problems such as severe depression, bipolar disorder, or psychotic disorders that prevent continued hypnotherapy treatment.

Age

From **25 years** old to **45 years** old

Gender

Both

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 research, randomization method is used to assign samples to intervention and control groups. First, each participant receives a unique ID. These IDs are randomly written on cards and the cards are thrown into a large container. Then, the cards are shuffled and taken out in turn. Each ID is randomly assigned to different groups. To determine the intervention and control groups, the set of cards is divided into two groups and each group is randomly assigned to one of the groups. This process ensures that the allocation of participants to groups is done without prejudice and randomly, which reduces the possibility of bias in the research results.

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 Semnan Azad University

Street address

Islamic Azad University, University Town, Semnan, Iran

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Semnan

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3513137111

Approval date

2024-07-01, 1403/04/11

Ethics committee reference number

IR.IAU.SEMNAN.REC.1403.074

Health conditions studied**1****Description of health condition studied**

Parent-child relationships

ICD-10 code

Z62

ICD-10 code description

Problems related to upbringing

Primary outcomes**1****Description**

Aggression

Timepoint

Before starting the intervention (pre-test) and after completing 8 intervention sessions (post-test)

Method of measurement

Shahim Aggression Questionnaire (2016)

2**Description**

Impulsivity

Timepoint

Before starting the intervention (pre-test) and after completing 8 intervention sessions (post-test)

Method of measurement

Hirschfield et al.'s impulsivity scale (1965)

3**Description**

Parent-child relationship

Timepoint

Before starting the intervention (pre-test) and after completing 8 intervention sessions (post-test)

Method of measurement

Pianta Parent-Child Relationship Questionnaire (1994)

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: In this research, cognitive hypnotherapy intervention based on Aladdin's protocol (2007) will be implemented in 8 sessions of one and a half hours, twice a week for one month, as a group for mothers and their children. Each session includes mental relaxation techniques and hypnotherapy inductions, along with cognitive exercises to improve impulse control and reduce aggression. Also, the focus is on strengthening healthy parent-child communication and increasing self-awareness. Home exercises are provided between sessions to consolidate learning. The main goal of this intervention is to reduce impulsivity and aggression and improve the parent-child relationship. strengthening healthy parent-child communication and increasing self-awareness. Home exercises are provided between sessions to consolidate learning. The main goal of this intervention is to reduce impulsivity and aggression and improve the parent-child relationship.

Category

Behavior

2**Description**

Control group: It usually receives no intervention and serves as a comparison group. In other words, the control group only received usual and standard care and did not benefit from the CPRT cognitive program.

Category

Behavior

Recruitment centers**1****Recruitment center****Name of recruitment center**

General Department of Education in Tehran

Full name of responsible person

Masoume Masoumian

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

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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, Semnan branch

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, Semnan branch

Full name of responsible person

Setayesh Moradi

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries**Contact****Name of organization / entity**

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Person responsible for updating data**Contact****Name of organization / entity**

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Full name of responsible person

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Position

Student

Latest degree

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Other areas of specialty/work

Psychology

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

Not applicable

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

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

The stages of the clinical study, such as the number of participants, the criteria for entering and exiting the research project, the sampling method, the treatment protocol, and the results of the study will be described in the thesis and article.

When the data will become available and for how long

The data can be made available one month after the results are published.

To whom data/document is available

Study data and documentation will be available to researchers and researchers working in accredited academic and scientific institutions. These people can access the data by submitting a request and after reviewing and approving the request. In addition, researchers who are working in the industry related to the research topic can also apply to receive data and documentation, provided that their request is approved. The purpose of these restrictions is to ensure the responsible and ethical use of research data and documentation.

Under which criteria data/document could be used

In order to study or conduct research by mentioning the source.

From where data/document is obtainable

If you need data, contact
as.m7.moradisetayesh@gmail.com.

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

After receiving the request and reviewing it by the main researcher, the data will be sent to the requester within

a week, along with a letter of commitment stating that the data will not be published without the name of the main researcher and that the privacy and confidentiality

of the research participants will be preserved.
Comments