Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The Effectiveness of Solution-Focused Approach Training on Self-Awareness and Parent-Child Relationship Quality in Mothers

Protocol summary

Study aim
Investigating the Effectiveness of the Solution-Focused Approach on Self-Awareness and the Quality of Parent-Child Relationships in Mothers at Dar al-Quran Institute in Ahwaz

Design
The study was a randomized, double-blind, parallel-group and control-group clinical trial in Phase 2, involving 30 mothers of children from Dar-ul-Quran Institute in Ahvaz. The sample size was determined using the effect size and statistical power calculation method, and participants were randomly assigned to two groups (an experimental group and a control group) using the RAND function in Excel.

Settings and conduct
A quasi-experimental study with pretest-posttest control group design will be conducted. The experimental group will receive solution-focused training, while the control group will be on a waiting list. Both groups will complete pretests and posttests simultaneously. The sample consists of mothers from the Quran center in Ahvaz. Blinding is achieved through group assignment, anonymous questionnaire coding, and the assessors being unaware of participant group identities.

Participants/Inclusion and exclusion criteria
Inclusion Criteria: Having a child over 5 years old. Being married. Gender: Female. Exclusion Criteria: Absence for more than two sessions

Intervention groups
Experimental group: A group consisting of 15 mothers will participate in 8 sessions of training based on the solution-focused approach, following the instructions of Steve de Shazer (1982) and Forman (2016). After the completion of the training sessions, the measurement tool to determine the effectiveness of this approach will be the Fennigstein and Shier's (1975) self-awareness questionnaire and the Parent-Child Relationship Questionnaire by Pianta (2016), which will be completed by the mothers.

Main outcome variables
The solution-focused approach self-awareness parent-child relationship quality

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20260210068824N1**
Registration date: **2026-05-09, 1405/02/19**
Registration timing: **prospective**

Last update: **2026-05-09, 1405/02/19**
Update count: **0**

Registration date
2026-05-09, 1405/02/19

Registrant information
Name
Faride safikhani
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 61 3311 4153
Email address
heidari.sa@ajums.ac.ir

Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2026-05-12, 1405/02/22
Expected recruitment end date
2026-06-12, 1405/03/22
Actual recruitment start date
empty
Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effectiveness of Solution-Focused Approach Training on Self-Awareness and Parent-Child Relationship Quality in Mothers

Public title

The Effectiveness of Solution-Focused Approach Training on Self-Awareness and Parent-Child Relationship Quality in Mothers

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Female Have a child over 5 years old Non-participation in psychological training sessions by the participant concurrent with the research sessions Age between 20 and 40 years old Being married With at least a high school diploma Without psychological disorders Absence of substance dependence

Exclusion criteria:

Failure to attend more than two training sessions Decision to discontinue participation

Age

From **20 years** old to **40 years** old

Gender

Female

Phase

N/A

Groups that have been masked

- Participant
- Outcome assessor

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

To randomly assign 30 mothers from Dar-ul-Quran in Ahvaz to two groups of 15, each participant will be assigned a unique number (1 to 30). An independent research assistant, who is not involved in the intervention or evaluation process, will then generate a random sequence of these numbers using a reputable random number generator website. The first 15 numbers of this sequence will be assigned to the self-awareness and parent-child relationship quality solution-based training group, and the final 15 numbers will be assigned to the control group on the waiting list. This random sequence will be stored in a secure, encrypted file.

Blinding (investigator's opinion)

Double blinded

Blinding description

Blinding is done as follows: Allocation of experimental and control groups: Participants are randomly assigned to experimental and control groups. Anonymous coding of questionnaires: All participants' questionnaires are coded with anonymous and unique codes. Evaluator unaware of the identity of each participant's group: Evaluators are unaware of the identity of each participant's group (experimental or control). This method increases the validity and accuracy of the study results.

Placebo

Not used

Assignment

Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

The Ethics Committee of Islamic Azad University, Ahvaz Branch

Street address

FarhangShahr

City

Ahvaz

Province

Khouzestan

Postal code

6138659716

Approval date

2025-09-20, 1404/06/29

Ethics committee reference number

IR.IAU.AHVAZ.REC.1404.504

Health conditions studied

1

Description of health condition studied

At this study the effectiveness of Solution-Focused Approach Training will investigated on two issues 1) Parent-Child Relationship Quality 2) Self-Awareness in Mothers

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

The Effectiveness of Solution-Focused Approach

Timepoint

one month

Method of measurement

Child-Parent Relationship Scale & Self-Consciousness Scale

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: A group consisting of 15 mothers will participate in 8 sessions of training based on the solution-focused approach, following the instructions of Steve de Shazer (1982) and Forman (2016). After the completion of the training sessions, the measurement tool to determine the effectiveness of this approach will be the Fennigstein and Shier's (1975) self-awareness questionnaire and the Parent-Child Relationship Questionnaire by Pianta (2016), which will be completed by the mothers.

Category
Lifestyle

2

Description
Control group: The control group consists of 15 mothers who do not receive any training. During the study, these individuals are randomly assigned to this group. After the intervention is completed, the effectiveness of the solution-focused approach training is assessed by comparing the experimental group and the control group, following the completion of the Fennigstein, Shier, and Bass self-awareness questionnaire and the Parent-Child Relationship Questionnaire by Pianta, filled out by the mothers.

Category
Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center
the Dar al-Quran Institute in Ahwaz

Full name of responsible person
Esmat Abolhasan zadeh

Street address
The vicinity of the tomb of Ali ibn Mahziar

City
Ahvaz

Province
Khouzestan

Postal code
-

Phone
+98 61 3333 3333

Email
sinsaeed@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University

Full name of responsible person
Aslan Egdarnejad

Street address
Farhang Shahr

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Ahvaz

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6134937333

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info@iauahvaz.ac.ir

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
Hadis Mahakipour

Position
student

Latest degree
Bachelor

Other areas of specialty/work
Family Health

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Naranjestan Complex, Shemshad street between Saadat & Kashaneh, Baharestan

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Person responsible for scientific inquiries

Contact

Name of organization / entity
Islamic Azad University

Full name of responsible person
Hadis Mahakipour

Position
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Person responsible for updating data

Contact

Name of organization / entity
Islamic Azad University

Full name of responsible person
Hadis Mahakipour

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student

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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
No - There is not a plan to make this available

Statistical Analysis Plan
No - There is not a plan to make this available

Informed Consent Form
No - There is not a plan to make this available

Clinical Study Report
No - There is not a plan to make this available

Analytic Code
Not applicable

Data Dictionary
Not applicable