# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

22 Nov 2026

## The Effect of Motivational Interviewing on Anxiety and Life Satisfaction of Mothers of Children with Mood Disorders

## Protocol summary

**Study aim**

Determining the effect of motivational interviewing intervention on anxiety and life satisfaction in mothers of children with mood disorders

**Design**

The clinical trial had a control group with parallel groups, no blinding, randomized on 64 references. The Research Randomizer website (www.randomizer.org) was used for randomization.

**Settings and conduct**

The research population includes mothers with children aged 10 to 19 years with a diagnosis of mood disorder who referred to Ibn Sina Psychiatric Hospital in Mashhad in 1405. The sample size is estimated to be 64 mothers (32 in the intervention group, 32 in the control group). Sampling is done by convenience method followed by simple random assignment. The intervention group receives 4 sessions of 50-60 minutes of motivational interviewing, and the control group receives usual ward care (including child medication and routine nursing sessions). Data are collected using the Beck Anxiety Inventory (BAI) and the Diener Life Satisfaction Questionnaire (SWLS) in two stages: pre-test and post-test. Data analysis is performed with SPSS version 25.

**Participants/Inclusion and exclusion criteria**

Mother of a child aged 10-19 with mood disorders Living with a child with mood disorders Anxiety score greater than 8 on the BAI Willingness to participate No history of mental disorder or psychotropic medication No substance or alcohol abuse

**Intervention groups**

The intervention group will receive 4 sessions of 50-60 minutes of motivational interviewing, and the control group will receive usual ward care (including the child's medication and routine nursing sessions).

**Main outcome variables**

Anxiety Life satisfaction

## General information

**Reason for update**

**Acronym**

**IRCT registration information**

IRCT registration number: **IRCT20260728070403N1**
Registration date: **2026-08-27, 1405/06/05**
Registration timing: **prospective**

Last update: **2026-08-27, 1405/06/05**
Update count: **0**

**Registration date**

2026-08-27, 1405/06/05

**Registrant information**

**Name**

Amirmohammad keivanshokooh

**Name of organization / entity**

**Country**

Iran (Islamic Republic of)

**Phone**

+98 56 3203 3014

**Email address**

a.keivanshokooh@gmail.com

**Recruitment status**

**recruiting**

**Funding source**

**Expected recruitment start date**

2026-09-23, 1405/07/01

**Expected recruitment end date**

2026-12-21, 1405/09/30

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

The Effect of Motivational Interviewing on Anxiety and Life Satisfaction of Mothers of Children with Mood Disorders

**Public title**
The Effect of Motivational Interviewing on Anxiety and Life Satisfaction of Mothers of Children with Mood Disorders
**Purpose**
Education/Guidance
**Inclusion/Exclusion criteria**
**Inclusion criteria:**
Mother of a child aged 10-19 with mood disorders Living with a child with mood disorders Anxiety score greater than 8 on the BAI Willingness to participate No history of mental disorder or psychotropic medication No substance or alcohol abuse
**Exclusion criteria:**
Drug and alcohol abuser Having a history of mental disorder and use of psychotropic
**Age**
No age limit
**Gender**
Female

**Phase**
N/A
**Groups that have been masked**
*No information*
**Sample size**
Target sample size: **64**
**Randomization (investigator's opinion)**
Randomized
**Randomization description**
Simple Randomization Individual Using Research Randomizer software (www.randomizer.org) To conceal allocation, opaque, numbered, and sealed envelopes were used. The envelopes were kept in a separate room in numerical order. After each mother completed the pretest questionnaires, the envelope corresponding to the same number was opened and the individual was assigned to the intervention or 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 Mashhad University of Medical Sciences
**Street address**
Vakil Abad Blvd
**City**
Mashhad
**Province**
Razavi Khorasan
**Postal code**
9177943707
**Approval date**
2026-08-10, 1405/05/19
**Ethics committee reference number**
IR.MUMS.NURSE.REC.1405.054

## Health conditions studied

### 1

**Description of health condition studied**
Depressive disorder: F32.9 (unspecified major depression)
**ICD-10 code**
F32.9
**ICD-10 code description**
Major depressive disorder, single episode, unspecified

### 2

**Description of health condition studied**
F33.9 (اختلال افسردگی عودکننده نامشخص)
**ICD-10 code**
F33.9
**ICD-10 code description**
Major depressive disorder, recurrent, unspecified

### 3

**Description of health condition studied**
Bipolar disorder: F31.9 (unspecified bipolar disorder)
**ICD-10 code**
F31.9
**ICD-10 code description**
Bipolar disorder, unspecified

### 4

**Description of health condition studied**
Anxiety
**ICD-10 code**
F06.4
**ICD-10 code description**
Anxiety disorder due to known physiological condition

## Primary outcomes

### 1

**Description**
anxiety
**Timepoint**
6 weeks
**Method of measurement**
Beck Anxiety Inventory

## Secondary outcomes

### 1

**Description**
Satisfaction with life
**Timepoint**
6 weeks
**Method of measurement**
Satisfaction with life scale

## Intervention groups

### 1

**Description**
Intervention group: Motivational Interviewing (MI) is a participatory, goal-oriented, and empathetic counseling approach designed by Miller and Rollnick (2013) that emphasizes strengthening the individual's intrinsic motivation to change harmful behaviors. This method is implemented in a non-judgmental and supportive environment and in the present study, it is held individually and face-to-face with each mother to help her discover and strengthen her intrinsic motivations to manage anxiety and improve her quality of life. Sessions are held in a private and quiet room in the child psychiatry ward of Ibn Sina Hospital in Mashhad, which is equipped with two comfortable chairs, a small table, and adequate lighting. Required forms, including BAI and Diner questionnaires, and a demographic information form, are provided during the sessions. The intervention consists of 4 40-minute sessions, held once a week for 4 consecutive weeks. The first session, titled Building a Therapeutic Relationship, is dedicated to establishing a trusting relationship, explaining the structure of the sessions, exploring the mother's concerns and challenges, expressing empathy, and identifying strengths and past successes. The second session aims to identify and strengthen internal motivations, explore the mother's values and aspirations, use the importance scale, stimulate a conversation about change with the DARN-C technique (desire, ability, reasons, need, commitment), and strengthen self-efficacy. The third session, focusing on examining barriers to change and resolving oscillations, identifies barriers and ambivalence, uses the two-way review technique, and returns to strong motivations for change. Finally, the fourth session, titled Step-by-Step Planning for Stress Management and Improving Quality of Life, includes brainstorming to find practical solutions, developing a SMART (specific, measurable, attainable, realistic, timed) action plan, and strengthening commitment and final summation. The main techniques used in these sessions include open-ended questions, affirmations and praise, simple and complex reflections of feelings and content, summarization, numerical scales of importance and confidence, and mutual consideration of the pros and cons of change. Between sessions, mothers are asked to do simple home exercises such as a daily record of positive and negative feelings, daily diaphragmatic breathing practice for 5 minutes, and a diary of situations in which they successfully managed their emotions, each taking about 5 to 10 minutes a day.
**Category**
Behavior

### 2

**Description**
Control group: The control group will receive standard hospital care during the study period (4 weeks), including routine nursing sessions to follow up on the child's medication status and general education for the mother, monthly general consultation with the ward's psychiatric nurse, access to the treatment team to answer questions, and continuation of the child's medication treatment as recommended by the treating psychiatrist, and will not receive any structured motivational interviewing intervention. In order to observe fairness and ethics in the study, after completing the follow-up phase and collecting all data, a summary of the motivational interviewing training will be provided to the control group in the form of a 60-minute individual or group session (depending on the mothers' preference) so that this group can also benefit from this method.
**Category**
N/A

## Recruitment centers

### 1

**Recruitment center**
**Name of recruitment center**
بیمارستان ابن سینا مشهد
**Full name of responsible person**
سید محمد حسین بحرینی طوسی
**Street address**
خیابان حرعاملی - جنب نقلیه آستان قدس رضوی
**City**
Mashhad
**Province**
Razavi Khorasan
**Postal code**
919583134
**Phone**
+98 51 3712 7017
**Email**
a.keivanshokooh@gmail.com

## Sponsors / Funding sources

### 1

**Sponsor**
**Name of organization / entity**
Mashhad University of Medical Sciences
**Full name of responsible person**
محمود محمدزاده شبستری
**Street address**
بلوار وکیل آباد
**City**
Mashhad

**Province**
Razavi Khorasan
**Postal code**
9177943707
**Phone**
+98 51 3841 3007
**Email**
shabestarim@mums.ac.ir

**Grant name**

**Grant code / Reference number**

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

**Title of funding source**
Mashhad University of Medical Sciences

**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**
Mashhad University of Medical Sciences
**Full name of responsible person**
Tayebe pourghaznein
**Position**
Professor
**Latest degree**
Ph.D.
**Other areas of specialty/work**
Nursery
**Street address**
Vakil Abad Blvd
**City**
mashhad
**Province**
Razavi Khorasan
**Postal code**
۱۳۹۴۴۹۱۳۸۸
**Phone**
+98 51 3841 2081
**Email**
PourghazneinT@mums.ac.ir

## Person responsible for scientific inquiries

**Contact**

**Name of organization / entity**
Mashhad University of Medical Sciences
**Full name of responsible person**
saeed vagheei
**Position**
Assistant Professor
**Latest degree**
Master
**Other areas of specialty/work**
Nursery
**Street address**
Vakil Abad Blvd
**City**
mashhad
**Province**
Razavi Khorasan
**Postal code**
۱۳۹۴۴ ۹۱۳۸۸
**Phone**
+98 51 3841 2081
**Email**
vaghees@mums.ac.ir

## Person responsible for updating data

**Contact**

**Name of organization / entity**
Mashhad University of Medical Sciences
**Full name of responsible person**
amir mohammad keivanshokooh
**Position**
student
**Latest degree**
Master
**Other areas of specialty/work**
Nursery
**Street address**
Vakil Abad Blvd
**City**
Mashhad
**Province**
Razavi Khorasan
**Postal code**
9177943707
**Phone**
+98 51 3841 2081
**Email**
keivanam4032@mums.ac.ir

## Sharing plan

**Deidentified Individual Participant Data Set (IPD)**
Yes - There is 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**
No - There is not a plan to make this available

**Data Dictionary**
No - There is not a plan to make this available

**Title and more details about the data/document**
Some data, such as information on the main outcome,

can be shared.

**When the data will become available and for how long**

Access begins 6 months after results are published.

**To whom data/document is available**

Researchers working in academic and scientific institutions

**Under which criteria data/document could be used**

Allowed

**From where data/document is obtainable**

Amir Mohammad Keyvan Shokooh Mobile: 09155615792 Zip Code: 9177943707 Email: a.keivanshokooh@gmail.com Mashhad Medical Sciences Campus

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

Send email. Accept and send after a week.

**Comments**