

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Evaluation of consumption effect of fruit yogurt (apple) and plain yogurt on plaque pH

Protocol summary

Summary

Background and Aim : Evaluation of cariogenicity of snacks in children has special importance. The goal of this study is evaluation of 2 kinds of Iranian yogurts on plaque pH. Materials and Methods: In this randomized clinical trial study 10 healthy dental students will be selected upon entrance criteria such as, amount of saliva streptococcus mutans and lactobacillus, salivary secretion rate, Buffering capacity of saliva, absence of active dental caries, absence of systemic disease and ...etc. Dental plaque pH in certain area of 4 mouth quadrants will be taken by Ω Metrohm microelectrode and digital pH meter. before and after 2 to 60 minutes rinsing with plain yogurt, fruit yogurt (apple) and 10% Sucrose solution. Then pH curve will be drawn according to time for each test product.

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Recruitment status

Recruitment complete

Funding source

Islamic Azad University- Dental branch

Expected recruitment start date

2012-12-21, 1391/10/01

Expected recruitment end date

2013-01-20, 1391/11/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2012121910356N3**

Registration date: **2012-12-23, 1391/10/03**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2012-12-23, 1391/10/03

Registrant information

Name

Paivand Moeini

Name of organization / entity

Islamic Azad University- Dental branch

Country

Iran (Islamic Republic of)

Phone

Scientific title

Evaluation of consumption effect of fruit yogurt (apple) and plain yogurt on plaque pH

Public title

Evaluation of consumption effect of fruit yogurt (apple) and plain yogurt on plaque pH

Purpose

Prevention

Inclusion/Exclusion criteria

Participants should have these criteria: no systemic disease; without previous history of antibiotic therapy from 2 weeks ago; not on special diet; without xerostomia; no appliance or prosthesis in mouth; not be smoker and pregnant; no periodontal disease, without active caries, without restoration on selected area (distal surface of 2nd premolar and mesial surface of first molar), besides they should not have GI restorations. Their stimulated salivary flow should be equal or more than 1ml/min and their salivary mutans streptococci and lactobacillus count should be equal or more than 105 ml/CFU (determined by CRT-Bacteria

Ivoclar-Vivadent); besides their salivary buffer capacity should be normal (determined by CRT-Buffer-Ivoclar-Vivadent).

Age

No age limit

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**Blinding (investigator's opinion)**

Single blinded

Blinding description**Placebo**

Not used

Assignment

Crossover

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Islamic Azad University- Dental branch

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Postal code

1946853314

Approval date

2012-08-01, 1391/05/11

Ethics committee reference number

۵/378/پ

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

dental caries

ICD-10 code

ko2

ICD-10 code description**Primary outcomes****1****Description**

dental plaque pH

Timepoint

Before and 2, 5, 7, 10, 20, 30, 40, 50 and 60 minutes after consumption of experimental drinks

Method of measurement

Dental plaque pH- microtouch microelectrode

Secondary outcomes

empty

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

intervention : consumption of 10 cc of fruit yogurt (apple).

Category

Prevention

2**Description**

intervention with consumption of 10cc plain yogurt will be done.

Category

Prevention

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

Islamic Azad University-dental branch

Full name of responsible person

paivand moeini

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

vice- chancellor for research -IslamicAzad University - dental branch

Full name of responsible person

Dr. Arash Azizi

Street address

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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

vice- chancellor for research -IslamicAzad University - dental branch

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

empty

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

Islamic Azad University

Full name of responsible person

paivand-moeiny

Position

assistant professor

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Web page address**Sharing plan****Deidentified Individual Participant Data Set (IPD)**

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty