

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

Effect of probiotic yogurt consumption on Streptococcus mutans and Lactobacilli counting in students with initial stages of dental caries

Protocol summary

Summary

The aim of this study is examining the effect of short-term consumption of probiotic yoghurt containing Bifidobacterium lactis on the amount of salivary Streptococcus mutans and Lactobacilli in young adults with caries in primary stages . The study was designed as a randomized , preventive clinical trial . A total of 66 subjects (18-30 years old), signed informed consent , has been divided to intervention and control groups In this study . The study group adults has taken 300 grams of probiotic yoghurt containing Bifidobacterium lactis daily and the control group individuals has taken 300 grams of usual yoghurt for 2 weeks . Anthropometric measurements and 2 milliliters of fasting saliva was assumed before and after the intervention for microbiological examinations from the volunteers.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014062518240N1**

Registration date: **2014-07-06, 1393/04/15**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-07-06, 1393/04/15

Registrant information

Name

Essam Amerian

Name of organization / entity

Ahvaz Jundishapur University of Medical Sciences ,
Arvand International Division , Iran , Abadan

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Recruitment status

Recruitment complete

Funding source

Vice Chancellor for research of Ahvaz Jundishapur
University of Medical Sciences

Expected recruitment start date

2014-04-04, 1393/01/15

Expected recruitment end date

2014-05-05, 1393/02/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of probiotic yogurt consumption on Streptococcus mutans and Lactobacilli counting in students with initial stages of dental caries

Public title

Effect of probiotic yogurt consumption on Streptococcus mutans and Lactobacilli counting in students with initial stages of dental caries

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: 18-30 years old and normal weight students , with up to 3 rotten teeth but without any hole in the enamel surface , with non-active dental caries using diagnostic criteria DT 1-3 . Exclusion criteria: Individuals with more than 3 decayed teeth or active caries or taking anti-inflammatory drugs, antibiotics , Smokers , Pregnants and people who consumed probiotic products routinely in the past one month

Age
From **18 years** old to **30 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **66**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Ahvaz Jundishapur University of Medical Sciences , Iran , Ahvaz

Street address

Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran

City

Ahvaz

Postal code

Approval date

2014-03-15, 1392/12/24

Ethics committee reference number

1392,28

Health conditions studied

1

Description of health condition studied

Caries

ICD-10 code

K02

ICD-10 code description

dental caries

Primary outcomes

1

Description

Streptococcus mutans

Timepoint

before intervention - 2 weeks after the intervention

Method of measurement

salivary bacteria count

Secondary outcomes

1

Description

Lactobacilli

Timepoint

before intervention - 2 weeks after intervention

Method of measurement

salivary bacteria count

Intervention groups

1

Description

Consumption of probiotic yogurt for study group. 300gr Daily .

Category

Prevention

2

Description

Consumption of usual yogurt for control group .300gr Daily .

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Jundishapur University of Medical Sciences

Full name of responsible person

Ahmad Zare Javid

Street address

Golestan Ave, Jundishapur University of Medical Sciences , Paramedicine College

City

Ahvaz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for research of Jundishapur University of Medical Sciences

Full name of responsible person

Dr Ahmad Zare Javid

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School of Paramedicine Sciences, Jundishapur
University of Medical Sciences , Golestan Ave.

City

Ahvaz

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 of Jundishapur University of
Medical Sciences

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

Research Center for Nutrition in Metabolic Diseases ,
Ahvaz Jundishapur University of Medical Sciences

Full name of responsible person

Dr Ahmad Zare Javid

Position

Assistant Professor of Nutritional Science, School of
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Other areas of specialty/work

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Full name of responsible person

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Position

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Other areas of specialty/work

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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