

Clinical Trial Protocol

Iranian Registry of Clinical Trials

31 Jul 2026

Comparison of HbA1c levels in subjects with chronic periodontitis and periodontally healthy controls referring to Gorgan dental school before and after non-surgical periodontal therapy

Protocol summary

Study aim

Effect of non-surgical periodontal therapy on HbA1c level in patients with chronic periodontitis

Design

In this research, 40 non-diabetic eligible patients referring to Gorgan Dental School were divided in two groups of case (patients with chronic periodontitis) and control (patients with healthy periodontium). Sampling was done without randomization and research was performed as before and after study.

Settings and conduct

Basic periodontal examinations were done and 2 ml blood were taken from patients to examine HbA1c level. Tooth scaling was performed for intervention group and after 3 months HbA1c levels were reexamined.

Participants/Inclusion and exclusion criteria

Age between 20 and 65; general health; pocket depth at least 5 mm and attachment loss more than 3 mm in 5 teeth or more in intervention group and healthy periodontium in control group; presence of 10 natural teeth at least and fasting blood sugar less than 110 mg/dl

Intervention groups

HbA1c levels were examined in both groups. Scaling and root planning was done for the group with periodontitis. No intervention was done for the control group. After 3 months, HbA1c levels of all participants were reexamined.

Main outcome variables

Probing pocket depth; Clinical attachment loss; HbA1c

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20171215037877N1**

Registration date: **2018-02-08, 1396/11/19**

Registration timing: **registered_while_recruiting**

Last update: **2018-02-08, 1396/11/19**

Update count: **0**

Registration date

2018-02-08, 1396/11/19

Registrant information

Name

Farshad Arjmand

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 17 3255 3324

Email address

arjmand.dds@goums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-01-10, 1396/10/20

Expected recruitment end date

2018-02-09, 1396/11/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of HbA1c levels in subjects with chronic periodontitis and periodontally healthy controls referring to Gorgan dental school before and after non-surgical periodontal therapy

Public title
Effect of tooth scaling on preventing Diabetes

Purpose
Prevention

Inclusion/Exclusion criteria
Inclusion criteria:
 Participants must be generally healthy. Participants must have at least 5mm probing pocket depth or more than 3mm attachment loss in five or more teeth in the case group. Participants in control group must have healthy periodontium. Participants must have 10 natural teeth at least. Participant's fasting blood sugar must be below 110 mg/dl.
Exclusion criteria:
 Patients with history of Diabetes Mellitus or any other systemic diseases affecting periodontium. Patients who have used antibiotics more than 14 days in the past 3 months. Patients who have received periodontal treatment in the past 6 months. Patients with hemolytic anemia or recent significant blood loss. Pregnancy and lactation Smokers and alcoholics.

Age
From **20 years** old to **65 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **40**

Randomization (investigator's opinion)
N/A

Randomization description

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 Golestan University of Medical Sciences
Street address
 Falsafi complex, first of Shashtkola road
City
 Gorgan
Province
 Golestan
Postal code

4934174515
Approval date
 2017-12-12, 1396/09/21
Ethics committee reference number
 IR.GOUMS.REC.1396.218

Health conditions studied

1

Description of health condition studied
 Chronic periodontists
ICD-10 code
 K05.3
ICD-10 code description
 Chronic periodontitis

Primary outcomes

1

Description
 HbA1c level
Timepoint
 3 months
Method of measurement
 Blood sampling

Secondary outcomes

empty

Intervention groups

1

Description
 Intervention group: teeth scaling and root planning
Category
 Treatment - Other

2

Description
 Control group: without additional work
Category
 Other

Recruitment centers

1

Recruitment center
Name of recruitment center
 Dental School
Full name of responsible person
 Farshad Arjmand
Street address
 Opposite of Edalat 97, Naharkhoran Blvd
City
 Gorgan
Province

Golestan
Postal code
4916953358
Phone
+98 17 3255 3324
Email
DRC.goums@gmail.com
Web page address
http://goums.ac.ir/index.php?slc_lang=fa&sid=59

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Gorgan University of Medical Sciences
Full name of responsible person
Jamileh Ramezani
Street address
Opposite of Edalat 97, Naharkhoran Blvd
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Drc.goums@gmail.com
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Gorgan 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
Gorgan University of Medical Sciences
Full name of responsible person
Farshad Arjmand
Position
Student
Latest degree
Medical doctor
Other areas of specialty/work

Dentistry
Street address
Dental College, Naharkhoran Blvd, Gorgan
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4917853338
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+98 17 3255 3324
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master.angels93@gmail.com

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Person responsible for updating data

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Golestan

Postal code

4917853338

Phone

+98 17 3255 3324

Fax**Email**

master.angels93@gmail.com

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

Yes - There is a plan to make this available

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

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Not applicable

Title and more details about the data/document

Participant's periodontal and blood examinations will be shared.

When the data will become available and for how long

Starting 6 months after publication

To whom data/document is available

All people

Under which criteria data/document could be used

The main researcher will review requests. All criteria will be explained in email.

From where data/document is obtainable

Data could be obtained from Dental School of Golestan University of Medical Sciences, located in Gorgan, Naharkhoran Blvd. Phone number : 0098 17 3255 3324. Request should be posed by email first. Email address : arjmand.dds@goums.ac.ir

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

After requesting by email and explanation of criteria, data would be sent in 10 days.

Comments