

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 May 2026

The evaluation of the effect of cocoa on total antioxidant capacity and lipid oxidation in saliva on moderate chronic periodontitis.

Protocol summary

Summary

The aim of this study is evaluation the effect of cocoa on total antioxidant power and lipid oxidation in saliva on patients whit chronic moderate periodontitis.in this clinical trial 40 patients who referring on the department of periodontology and have chronic moderate periodontitis will be participate. Inclusion criteria:The patients without history of systemic disease ; The patients without digestive problem;The patients be able to cooperate and have same plaque index. Exclusion criteria: smoker patients; menopause women;the patients who intake nutritional and vitamin supplements; the patients who cocoa and it's products are in they daily nutritional regiment; the patients whit any periodontal treatment during past 6 month; the patients whit antibiotic therapy during 1 month; the patients had taken anti inflammatory drugs during past 1 month. sample size is 40 patients that divided to two groups whit 20 members. The intervention group intake daily 30 gram ldin78% dark chocolate in three dosage for four weeks. The control group intake daily 23.4 gram ldin white chocolate in three dosage for four weeks. primary outcome: Ferric reducing antioxidant power - FRAP ; Thiobarbituric acid reactive substances- TBARS .secondary outcomes: Gingival Index; Modified Papillary Bleeding Index; Probing Pocket Depth; Probing Pocket Depth; Attachment loss

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201309303813N3**
Registration date: **2014-05-29, 1393/03/08**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2014-05-29, 1393/03/08

Registrant information

Name

Niloofar Jenabian

Name of organization / entity

Dental Faculty of University of Babol University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research and thechnology

Expected recruitment start date

2013-10-23, 1392/08/01

Expected recruitment end date

2014-09-21, 1393/06/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The evaluation of the effect of cocoa on total antioxidant capacity and lipid oxidation in saliva on moderate chronic periodontitis.

Public title

The evaluation of the effect of cocoa on periodontal disaese

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: The patients without history of systemic disease ; The patients without sensitivity to coca and it's products; The patients age between 30 to 50 ; The patients have chronic moderate periodontitis ; The patients be able to cooperate and have same plaque index; The patients without digestive problem Exclusion criteria: smoker patients; menopause women; the patients who intake nutritional and vitamin supplements; the patients who cocoa and it's products are in they daily nutritional regiment; the patients whit any periodontal treatment during past 6 month; the patients whit antibiotic therapy during 1 month; the patients had taken anti inflammatory drugs during past 1 month.

Age

From **30 years** old to **50 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Babol University of Medical Science, Vice Chancellor for Research and Technology

Street address

Babol, Ganj Afrouz Street, Babol University of Medical Science, Vice Chancellor for Research and Technology

City

Babol

Postal code

4717641367

Approval date

2013-11-09, 1392/08/18

Ethics committee reference number

3326

Health conditions studied

1

Description of health condition studied

Moderate Chronic Periodontitis

ICD-10 code

k05.3

ICD-10 code description

Chronic Periodontitis

Primary outcomes

1

Description

Total Antioxidant Power

Timepoint

At base line and One month after intervention

Method of measurement

Ferric Reducing Antioxidant power test-FRAP

2

Description

Saliva lipid preoxidation

Timepoint

At base line and One month after intervention

Method of measurement

Thiobarbituric Acid Reactive Substances test-TBARS

Secondary outcomes

1

Description

Gingival Index

Timepoint

this index will be recorded at base line and 2 , 4 ,6 and 8 weeks later.

Method of measurement

loe and silness method

2

Description

Modified papillary bleeding index

Timepoint

this index will be recorded at base line and 2 , 4 ,6 and 8 weeks later.

Method of measurement

Bernet method

3

Description

Probind pocket depth

Timepoint

this index will be recorded at base line and 2 , 4 ,6 and 8 weeks later.

Method of measurement

whit periodontal probe

4

Description

Attachment loss

Timepoint

this index will be recorded at base line and 2 , 4 ,6 and 8 weeks later.

Method of measurement

whit periodontal probe

Intervention groups

1

Description

The intervention group intake daily 30 gram Idin78% dark chocolate in three dosage for four weeks.

Category

Other

2

Description

The control group intake daily 23.4 gram Idin white chocolate in three dosage for four weeks.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Babol University of Medical Science, Faculty of Dentistry, Department of Periodontics

Full name of responsible person

Niloofer Jenabian

Street address

Babol, Ganj Afruz Street, Babol University of Medical Science

City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Babol University of Medical Science, Vice Chancellor for Research and Technology

Full name of responsible person

Niloofer Jenabian

Street address

Babol, Ganj Afruz Street, Babol University of Medical Science

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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

Babol University of Medical Science, Vice Chancellor for Research and Technology

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

Babol University of Medical Science

Full name of responsible person

Niloofer Jenabian

Position

Assistant Professor, Babol University Of Medical Sciences, faculty Of Dentistry, Department of Period

Other areas of specialty/work

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Person responsible for updating data**Contact****Name of organization / entity**

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Full name of responsible person

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Position

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Other areas of specialty/work**Street address**

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empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty