

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Jul 2026

Comparison of the effectiveness of vitamin E supplementation in the treatment of patients with chronic periodontitis

Protocol summary

Study aim

Evaluation the effect of Vitamin E supplements on chronic periodontitis

Design

Randomized clinical trial with parallel group

Settings and conduct

16 patients with chronic periodontitis referred to Isfahan Dental School were selected and according to the order of inclusion in the study, they were divided into case and control groups, respectively. The indices of pocket depth and attachment loss for 6 teeth per person were measured with a periodontal probe. A total of 42 teeth in case and 41 teeth in control group were examined. Then, 2 ml nonstimulated saliva was collected from each patient for measuring total antioxidant capacity (TAC). All patients were treated with scaling and root planing and for the case group, vitamin E 200 IU was given daily for 2 months. The case group consumed 200 IU supplementary Vitamin E daily for up to 2 months. After 2 months, clinical indexes were re-measured and 2 ml nonstimulated saliva was collected for measuring TAC.

Participants/Inclusion and exclusion criteria

Patients with generalized chronic mild to moderate periodontitis. The exclusion criteria include patients with systemic disease or unwillingness to continue the study

Intervention groups

First scaling was down for all patients in two groups. A baseline visit was performed after 2 weeks for controlling oral hygiene and any residual calculus and case group received 200 IU supplementary Vitamin E to consume daily up to 2 months.

Main outcome variables

pocket depth: clinical attachment level: total antioxidant capacity

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20110109005570N10**

Registration date: **2021-07-21, 1400/04/30**

Registration timing: **retrospective**

Last update: **2021-07-21, 1400/04/30**

Update count: **0**

Registration date

2021-07-21, 1400/04/30

Registrant information

Name

Parichehr Behfarnia

Name of organization / entity

Isfahan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 31 1666 1707

Email address

behfarnia@dnt.mui.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-12-06, 1398/09/15

Expected recruitment end date

2020-05-19, 1399/02/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effectiveness of vitamin E supplementation in the treatment of patients with chronic periodontitis

Public title

Evaluation of the effect of vitamin E in chronic periodontitis

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

patients with generalized chronic mild to moderate periodontitis and clinical attachment loss between 1 and 5 mm

Exclusion criteria:

patients with systemic disease or unwillingness to continue the study

Age

From **25 years** old to **70 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **16**

More than 1 sample in each individual

Number of samples in each individual: **6**

6 teeth are examined in each patient

Randomization (investigator's opinion)

Not randomized

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 Isfahan University of Medical Sciences

Street address

hezar jarib

City

Isfahan

Province

Isfahan

Postal code

8174673461

Approval date

2019-02-14, 1397/11/25

Ethics committee reference number

IR.MUI.REC.1396.3.173

Health conditions studied

1

Description of health condition studied

Chronic periodontitis

ICD-10 code

K05.3

ICD-10 code description

Chronic periodontitis

Primary outcomes

1

Description

Pocket depth

Timepoint

At the beginning of the study (before the intervention) and 2 months after scaling and taking vitamin E capsules

Method of measurement

by periodontal probe

2

Description

clinical attachment level

Timepoint

At the beginning of the study (before the intervention) and 2 months after scaling and taking vitamin E capsules

Method of measurement

by periodontal probe

3

Description

Total anti oxidant capacity of saliva

Timepoint

At the beginning of the study (before the intervention) and 2 months after scaling and taking vitamin E capsules

Method of measurement

by Zellbio's TAC Kit

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Scaling and root planing with ultrasonic device(cavitron), Prescribe 200 units of vitamin E capsules once a day for two months.

Category

Treatment - Other

2

Description

Control group: Scaling and root planing with ultrasonic

device(cavitron)
Category
Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Dental school, Isfahan University of Medical Science
Full name of responsible person
Parichehr Behfarnia
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8174673461
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+98 31 3792 5570
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Esfahan University of Medical Sciences
Full name of responsible person
Nakisa Torabinia
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torabinia@dnt.mui.ac.ir
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Esfahan 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
Esfahan University of Medical Sciences
Full name of responsible person
Parichehr Behfarnia
Position
associate professor
Latest degree
Specialist
Other areas of specialty/work
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Person responsible for updating data

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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

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

All data can be shared

When the data will become available and for how long

Start of access one year after data printing

To whom data/document is available

It will be available to all researchers

Under which criteria data/document could be used

The use of the obtained data for systematic review is allowed

From where data/document is obtainable

Dr.pbehfarnia@gmail.com

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

Send a written request to the listed email

Comments