Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 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
Isfehan
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

Street address

Hezar jarib

City

Isfahan

Province

Isfehan

Postal code

8174673461

Phone

+98 31 3792 5570

Email

Dr.pbehfarnia@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Esfahan University of Medical Sciences

Full name of responsible person

Nakisa Torabinia

Street address

Hezar jarib

City

Isfahan

Province

Isfehan

Postal code

8174673461

Phone

+98 31 3792 5524

Email

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

Dentistry

Street address

Hezar garib

City

Isfahan

Province

Isfehan

Postal code

8174673461

Phone

+98 31 3792 5559

Email

Dr.pbehfarnia@gmail.com

Person responsible for scientific 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

Dentistry

Street address

Hezar jarib

City

Isfahan

Province

Isfehan

Postal code

8174673461

Phone

+98 31 3792 5559

Email

Dr.pbehfarnia@gmail.com

Person responsible for updating data

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
Dentistry
Street address
Hezar jarib
City
Isfahan
Province
Isfehan
Postal code
8174673461
Phone
+98 31 3792 5559
Email
Dr.pbehfarnia@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
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