

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jul 2026

The clinical and pathological effect of green tea on the periodontal gingivitis

Protocol summary

Summary

The aim of this study was to evaluate the effectiveness of green tea chewing gums on the gingivitis. In a randomized clinical trial, 45 patients with gingivitis were selected. 22 patients were chosen to use placebo chewing gums and 23 patients had to use green tea chewing gums. In this study scaling hasn't been done on the patient because it effects on the result of measurement. At first the condition of periodontal and oral hygiene of the patient has been studied. At first meeting, the saliva of patient was supplied in the way of [an stimulated] for testing of inflammation factor IL1a. Also the index of approximate plaque(API) and sulcus bleeding(SBI) were measured. At the first meeting 42 chewing gums were given to every patients. They had to chew 2 of them every day for 20 minutes. 7 days after the first meeting, only the indexes were measured. 21 day after the first meeting all the measurements were repeated

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201403155570N6**

Registration date: **2014-04-12, 1393/01/23**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-04-12, 1393/01/23

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

Vice Chancellor for research, Isfahan University of Medical Sciences

Expected recruitment start date

2013-09-09, 1392/06/18

Expected recruitment end date

2014-01-25, 1392/11/05

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The clinical and pathological effect of green tea on the periodontal gingivitis

Public title

The effect of green tea chewing gums on the inflammation of the gingiva

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: gingivitis suffering; good patient cooperation; having more than 20 teeth. Exclusion criteria: having systemic diseases; using the drugs that effects on gums; using tobacco products; pregnancy.

Age

From **28 years** old to **40 years** old

Gender

Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **45**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Double blinded

Blinding description

Placebo
Used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethic committe of Isfahan University Of Medical Sciences

Street address

Hezar Jarib, Dental School, Isfahan University Of Medical Sciences

City

Isfahan

Postal code

8174673461

Approval date

2013-09-18, 1392/06/27

Ethics committee reference number

393031

Health conditions studied

1

Description of health condition studied

gingivitis

ICD-10 code

K05

ICD-10 code description

Gingivitis and periodontal diseases

Primary outcomes

1

Description

aproximal plaque index

Timepoint

Base line(before treatment), 7 day afte Base line,21 day

Method of measurement

Clinical Evaluation(by periodontal prob)

Secondary outcomes

1

Description

IL1a

Timepoint

Base line(before treatment), 21 day after Base line

Method of measurement

ELISA test

2

Description

Sulcus bleeding index

Timepoint

Base line(before treatment), 7 day after Base line,21 day after Base line

Method of measurement

Clinical Evaluation(Probing by periodontal prob)

Intervention groups

1

Description

Intervention Group: Oral hygiene instruction,use of green tea gums for21 days after beginning study,2 on day

Category

Treatment - Drugs

2

Description

Control group: Oral hygeine instruction,use of placebo gums for21 days after beginning study,2 on day

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Periodontics Department, Dental School, Isfahan University Of Medical Sciences

Full name of responsible person

Parichehr Behfarnia

Street address

Hezar Jarib, Dental School, Isfahan University Of Medical Sciences

City

Isfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Isfahan University Of
Medical Sciences

Full name of responsible person

Dr. Omid Savabi

Street address

Hezar Jarib, Dental School, Isfahan University Of
Medical Sciences

City

Isfahan

Grant name

تحقیقاتی

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Vice chancellor for research, Isfahan 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

Dental School, Isfahan University Of Medical Sciences

Full name of responsible person

Parichehr Behfarnia

Position

Assistant Professor

Other areas of specialty/work

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Web page address

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