

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### The Effect of Probiotic Yogurt on Oral Halitosis by Organoleptic Assessment

#### Protocol summary

##### Summary

Probiotics could have benefits on oral health, partially through modifying oral cavity microflora. The purpose of this study was to investigate the effect of consumption of a commercial probiotic yogurt on oral halitosis. This uncontrolled clinical trial was conducted on 44 volunteers suffering from halitosis with oral cavity origin. The subjects were given 200 ml probiotic yogurt daily for a period of two weeks. One examiner evaluated subjects' mouth odor at baseline and after two weeks using organoleptic assessment (a 5 point scale: 0= no, 1= brief, 2= medium, 3=severe, and 4= very severe) at 10 and 50 cm distances.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201407115570N7**

Registration date: **2014-09-27, 1393/07/05**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2014-09-27, 1393/07/05

##### 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

Isfahan University of Medical Sciences

##### Expected recruitment start date

2013-12-01, 1392/09/10

##### Expected recruitment end date

2014-03-31, 1393/01/11

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The Effect of Probiotic Yogurt on Oral Halitosis by Organoleptic Assessment

##### Public title

The Treatment effect of Consumption of a Commercial Probiotic Yogurt on Oral Halitosis

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion criteria: male or female who suffer from halitosis with oral cavity origin exclusion criteria: systemic disorder, use of chewing gum(xylitol), use of antibiotic or fluoride, existing of oral ulcer

##### Age

No age limit

##### Gender

Both

##### Phase

N/A

##### Groups that have been masked

No information

##### Sample size

Target sample size: **44**

##### Randomization (investigator's opinion)

N/A

**Randomization description**

**Blinding (investigator's opinion)**

Not blinded

**Blinding description**

**Placebo**

Not used

**Assignment**

Single

**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**

Dental School, Isfahan University Of Medical Sciences ,Hezar Jarib St.

**City**

Isfahan

**Postal code**

8174673461

**Approval date**

2013-08-23, 1392/06/01

**Ethics committee reference number**

393429

**Health conditions studied**

1

**Description of health condition studied**

halitosis

**ICD-10 code**

K05

**ICD-10 code description**

gingivitis and periodontal disease

**Primary outcomes**

1

**Description**

oral malodor assessment at 10 cm distances

**Timepoint**

2 weeks after probiotic yuogart consupction

**Method of measurement**

organoleptic assesment

**Secondary outcomes**

1

**Description**

assessment of oral malodor at 50 cm distance

**Timepoint**

2 weeks after probiotic yougart consupction

**Method of measurement**

organoleptic assesment

**Intervention groups**

1

**Description**

daily use of 200g probiotic yogurt for 2 weeks

**Category**

Treatment - Other

**Recruitment centers**

1

**Recruitment center**

**Name of recruitment center**

Dental School, Isfahan University Of Medical Sciences

**Full name of responsible person**

Parichehr Behfarnia

**Street address**

Dental School, Isfahan University Of Medical Sciences ,Hezar Jarib St.

**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**

Omid Savabi

**Street address**

Dental School, Isfahan University Of Medical Sciences ,Hezar Jarib St.

**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**

Isfahan University of Medical Sciences

**Full name of responsible person**

Parichehr Behfarnia

**Position**

assistant professor

**Other areas of specialty/work**

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**Position**

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**Postal code**

**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*