Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 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

KO5

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 consuption

Method of measurement

organoleptic assesment

Secondary outcomes

1

Description

assessment of oral malodor at 50 cm distance

Timepoint

2 weeks after probiotic yougart consuption

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.

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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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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