

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

28 May 2026

### The effect of texting health guidelines on clinical outcome of scaling & root planning (SRP) in patients with gingivitis

#### Protocol summary

##### Study aim

to Determine the effect of providing health instructions via SMS on improving the clinical results of scaling & root planning (SRP)

##### Design

First, the amount of (BOP) bleeding on probing, (PI) plaque index, Probing Depth (PD), will be recorded for patients. After non-surgical periodontal treatments, in the case group, people will be given text messages containing health information 4 times a week for 1 month. Patients are then called and re-examined for BOP, PD, PI.

##### Settings and conduct

In this one-blind clinical trial with control group, randomized, phase 3, 36 patients with gingivitis referred to the periodontics department of Shahid Sadoughi Dental School of Yazd are selected. Randomization of this study as a randomized split half using a table of random numbers done with Random Allocation software.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria included: patients over 18 years of age, being systemically healthy, having access to a mobile phone, not having undergone periodontal treatment in the last 6 months, and not taking antibiotics. Pregnant patients, those who smoke and people with diabetes will be excluded from the study.

##### Intervention groups

For all patients, non-surgical periodontal treatment will be performed and then only in the case group, people will be given text messages containing health information 4 times a week for 1 month.

##### Main outcome variables

Probing depth, bleeding on probing, plaque index

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20171015036782N8**

Registration date: **2022-01-22, 1400/11/02**

Registration timing: **registered\_while\_recruiting**

Last update: **2022-01-22, 1400/11/02**

Update count: **0**

##### Registration date

2022-01-22, 1400/11/02

##### Registrant information

###### Name

farzane vaziri

###### Name of organization / entity

Shahid sadoughi dental university

###### Country

Iran (Islamic Republic of)

###### Phone

+98 35 3620 4764

###### Email address

f.vaziri@ssu.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2022-01-10, 1400/10/20

##### Expected recruitment end date

2022-02-09, 1400/11/20

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effect of texting health guidelines on clinical outcome of scaling & root planning (SRP) in patients with gingivitis

**Public title**

The effect of texting health guidelines on clinical outcome of scaling & root planning (SRP) in patients with gingivitis

**Purpose**

Education/Guidance

**Inclusion/Exclusion criteria****Inclusion criteria:**

Systematically healthy have access to a cell phone have not had periodontal treatment in the last 6 months, and do not take antibiotics

**Exclusion criteria:**

pregnancy smoker diabetic patient

**Age**

From **18 years** old

**Gender**

Both

**Phase**

3

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **36**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

For each patient with gingivitis who has referred to the period ward of the dental school for periodontal treatment and the necessary inclusion conditions, including systemic health, no pregnancy, no smoking, no antibiotics and receiving periodontal treatment in the last 6 months Define a code and we will enter these codes in Random Allocation Software 2.0. Then, using software, we randomly select 36 codes in two groups of 18 to enter the study.

**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 yazd University of Medical Sciences

**Street address**

No.2,Second Alley, East touba Ave, Amirkabir Blvd ,Yazd

**City**

Yazd

**Province**

Yazd

**Postal code**

8916147860

**Approval date**

2021-09-21, 1400/06/30

**Ethics committee reference number**

IR.SSU.REC.1400.077

**Health conditions studied****1****Description of health condition studied**

gingivitis

**ICD-10 code**

K05.10

**ICD-10 code description**

Chronic gingivitis, plaque induced

**Primary outcomes****1****Description**

Probing depth

**Timepoint**

Beggining of study and 1 month later

**Method of measurement**

Williams probe

**2****Description**

Bleeding on probing

**Timepoint**

Beggining of study and 1 month later

**Method of measurement**

by observation of Bleeding on probing in the mouth and measuring its percentage

**3****Description**

plaque index

**Timepoint**

Beggining of study and 6 week later

**Method of measurement**

observation of plaque

**Secondary outcomes**

empty

**Intervention groups****1****Description**

Intervention group: non-surgical periodontal treatment and then send text messages containing health information to individuals, 4 times a week for 1 month

**Category**

Behavior

## 2

### Description

Control group: non-surgical periodontal treatment

### Category

Other

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Shahid Sadoughi University of Medical Sciences

##### Full name of responsible person

Milad eidy

##### Street address

Shahid Sadoughi Faculty of Dentistry Yazd, Emam  
Reza square

##### City

Yazd

##### Province

Yazd

##### Postal code

8915839985

##### Phone

+98 35 3621 2623

##### Email

miladeidy1372@gmail.com

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Yazd University of Medical Sciences

##### Full name of responsible person

Mostafa mahmoodi

##### Street address

Shahid Sadoughi Faculty of Dentistry Yazd, Emam  
Reza Square

##### City

Yazd

##### Province

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##### Postal code

8915839985

##### Phone

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##### Email

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##### Grant name

##### Grant code / Reference number

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

Yes

##### Title of funding source

Yazd 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

Yazd University of Medical Sciences

##### Full name of responsible person

Milad eidy

##### Position

Post graduation

##### Latest degree

Medical doctor

##### Other areas of specialty/work

Dentistry

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##### Province

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##### Email

miladeidy1372@gmail.com

## Person responsible for scientific inquiries

#### Contact

##### Name of organization / entity

Yazd University of Medical Sciences

##### Full name of responsible person

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## Person responsible for updating data

### Contact

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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

Undecided - It is not yet known if there will be a plan to make this available

### Informed Consent Form

Yes - There is a plan to make this available

### Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

### Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

### Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available

### Title and more details about the data/document

The whole data is shared

### When the data will become available and for how long

Six months after the publication of the article

### To whom data/document is available

Researchers working in academic institutions

### Under which criteria data/document could be used

Email, Call

### From where data/document is obtainable

milad eidy.09919635479, miladeidy1372@gmail.com

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

After sending the Email, the data will be transmitted

### Comments