

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

Yazd

Postal code

8915839985

Phone

+98 35 3621 2623

Email

miladeidy1372@gmail.com

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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Person responsible for scientific inquiries

Contact

Name of organization / entity

Yazd University of Medical Sciences

Full name of responsible person

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Position

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Medical doctor

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Person responsible for updating data

Contact

Name of organization / entity

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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