

Clinical Trial Protocol

Iranian Registry of Clinical Trials

08 Jun 2026

Comparing the effects of licorice extract gel and 0.2% chlorhexidine mouthwash on the amount of Streptococcus mutans in saliva.

Protocol summary

Measuring of Streptococcus mutans microbial load in saliva

Study aim

Comparison of salivary Streptococcus mutans species density in two groups of chlorhexidine mouthwash and licorice extract

Design

Single-group, single-blind, randomized controlled clinical trial on 60 patients.

Settings and conduct

60 patients with dental caries referred to the Oral Diseases Department of Tabriz Dental School will be randomly divided into two groups (30 people in each group). Licorice plant gel will be used in the intervention group and mouthwash containing 0.2% chlorhexidine will be used in the control group. . Quantification of Streptococcus mutans species in saliva samples of patients will be done using culture method. Mouthwash and gel will be poured into bottles. The evaluator of the number of Streptococcus mutans colonies in the saliva sample will not be aware of the grouping method (one-sided blind).

Participants/Inclusion and exclusion criteria

Inclusion criteria: Age range from 18 to 55 years Good oral hygiene (using SOHI (simplified oral hygiene index) based on DIS (debries index) and CIS (calculus index). Based on this index, which includes the sum of CIS and DIS index, oral hygiene is from zero to number 6 Good health in this index is equal to the interval between zero and 1/2. Patients with average DMFT index above 2 (high-risk caries) Patients willing to participate in the study Exit criteria pregnancy high blood pressure a smoker Severe periodontal disease Patients who have taken antibiotics 2 weeks before the intervention. Patients who take antibiotics during the study. Patients who are allergic to licorice or it is harmful to them.

Intervention groups

Intervention group: mouthwash containing licorice extract gel will be used. Control group: 0.2% chlorhexidine mouthwash will be used.

Main outcome variables

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200919048756N7**

Registration date: **2023-09-11, 1402/06/20**

Registration timing: **prospective**

Last update: **2023-09-11, 1402/06/20**

Update count: **0**

Registration date

2023-09-11, 1402/06/20

Registrant information

Name

Solmaz Maleki Dizaj

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 41 3335 3161

Email address

maleki.s.89@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-10-06, 1402/07/14

Expected recruitment end date

2024-10-05, 1403/07/14

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the effects of licorice extract gel and 0.2% chlorhexidine mouthwash on the amount of Streptococcus mutans in saliva.

Public title

Comparing the effects of licorice extract gel and 0.2% chlorhexidine mouthwash on the amount of Streptococcus mutans in saliva.

Purpose

Prevention

Inclusion/Exclusion criteria**Inclusion criteria:**

Age range from 18 to 55 years good oral hygiene (using SOHI (simplified oral hygiene index) Patients willing to participate in the study

Exclusion criteria:

pregnancy high blood pressure being a smoker Severe periodontal disease Patients who have taken antibiotics 2 weeks before the intervention Patients who take antibiotics during the study Patients who are allergic to licorice or it is harmful to them

Age

From **18 years** old to **55 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Outcome assessor

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

60 patients are placed in two intervention and control groups using the randomization method of coin toss (tap and line) in such a way that one group is considered tap and the other group is considered line and based on the desired sample size, the same The number of coins is thrown and people are assigned to two groups.

Blinding (investigator's opinion)

Single blinded

Blinding description

Mouthwash and gel will be poured into bottles. The active form of chlorhexidine mouthwash prepared for the control group is chlorhexidine hydrochloride. The evaluator of the number of Streptococcus mutans colonies in the saliva sample will not be aware of the grouping method (one-sided blind).

Placebo

Not used

Assignment

Single

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics committee of Tabriz University of Medical Sciences

Street address

Golgasht St, Daneshgah Ave, Tabriz University of Medical Sciences, Tabriz, Iran

City

Tabriz

Province

East Azarbaijan

Postal code

5166614766

Approval date

2023-08-07, 1402/05/16

Ethics committee reference number

IR.TBZMED.REC.1402.345

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

Infection or inflammation of the oral environment

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Reducing the microbial load of saliva

Timepoint

Saliva sampling will be done in two stages: one stage before starting to consume the formulations (extract and mouthwash) and the second sampling at the end of one week after consuming the formulations.

Method of measurement

The prepared saliva samples are sent to the microbiology laboratory of Tabriz University of Medical Sciences to count the colonies by a microbiologist.

Secondary outcomes

empty

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

Intervention group: use of licorice extract mouthwash

Category

Prevention

2

Description

Control group: Chlorhexidine mouthwash 2%

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Faculty of Dentistry, Tabriz University of Medical Sciences

Full name of responsible person

دکتر پریا مطهری

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tabriz University of Medical Sciences

Full name of responsible person

Vice Chancellor for Research and Technology, Tabriz University of Medical Sciences

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Golgasht St, Tabriz University of Medical Sciences, Central Building No. 2 / Third Floor, Vice Chancellor for Research and Technology

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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

Tabriz 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

Tabriz University of Medical Sciences

Full name of responsible person

Paria Motahari

Position

استادیار

Latest degree

Specialist

Other areas of specialty/work

Dentistry

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Person responsible for scientific inquiries

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Full name of responsible person

Solmaz Maleki Dizaj

Position

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Latest degree

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Other areas of specialty/work

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Person responsible for updating data

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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

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is 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 data will be published as an article.

When the data will become available and for how long

After the final publication of the article resulting from the data.

To whom data/document is available

Public

Under which criteria data/document could be used

For use in research articles and systematic reviews with citation.

From where data/document is obtainable

Dr. Solmaz Maleki Dizaj, Tabriz Faculty of Dentistry

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

It can be in person or by email.

Comments