

Clinical Trial Protocol

Iranian Registry of Clinical Trials

24 Jul 2026

Clinical comparison of two types of dental floss on interdental plaque removal and gingival health

Protocol summary

Study aim

Clinical comparison of two types of dental floss on interdental plaque removal and gingival health

Design

double-blind clinical trial , with parallel groups , randomized , phase 3 on 50 people

Settings and conduct

this study is a randomized clinical trial on 50 dental students of Kurdistan University of Medical Sciences. The patients are selected according to the entry and exit criteria. The patients are divided into two groups of 25. The first group was given expanding dental floss and the second group was given simple waxed dental floss, and the patients asked to use it twice a day, morning and night, for 6 weeks. Then, four scales are used to measure the amount of dental plaque, gingivitis and bleeding on probe.

Participants/Inclusion and exclusion criteria

Entry conditions: patients with generalized gingivitis and plaque index below 2 Conditions of non-entry: use of drugs affecting periodontium, pregnancy, use or history of smoking, malocclusion, history of orthodontic treatment, oral mucosa disease, people with chronic systemic diseases (copulative diseases, kidney diseases, diabetes and any other diseases) which affects the periodontal condition of the person), depth of pocket more than 3 mm, use of antibiotics, use of mouthwash, periodontal surgery in the last 6 months, the presence of calculus below and above the gums

Intervention groups

patients are randomly divided in two groups.(A expanding floss and B simple waxed floss)

Main outcome variables

interdental plaque , gingival health

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220726055559N3**

Registration date: **2023-11-09, 1402/08/18**

Registration timing: **registered_while_recruiting**

Last update: **2023-11-09, 1402/08/18**

Update count: **0**

Registration date

2023-11-09, 1402/08/18

Registrant information

Name

Shabnam Khalifehzadeh

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 87 3362 2260

Email address

shabnam.kh63ii@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-11-08, 1402/08/17

Expected recruitment end date

2023-11-21, 1402/08/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Clinical comparison of two types of dental floss on interdental plaque removal and gingival health

Public title

comprasion the effect of two types of dental floss on interdental plaque

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Patients with generalized gingivitis Plaque index< 2

Exclusion criteria:

History of orthodontic treatment patients with systemic chronic diseases patients with oral mucosal diseases periodontal surgery in last 6 months

Age

No age limit

Gender

Both

Phase

3

Groups that have been masked

- Investigator
- Data analyser

Sample size

Target sample size: 50

Randomization (investigator's opinion)

Randomized

Randomization description

The purpose of block randomization is that equal number of participants enter the intervention and control groups. The size of each block is 25 people. In this way, expanding floss is assigned to the first block and simple waxed floss to the second block to be.

Blinding (investigator's opinion)

Double blinded

Blinding description

expanding floss and simple waxed floss are named with two letters B&A and will be given to two equal groups of patients. The patients are selected with the minimum entry criteria. There are 25 patients in each group. It will be fully explained to the patients. Written informed consent will be obtained from the patients. The patients will be selected by sampling based on the entry criteria and will be randomly divided into two equal groups. Group A is expanding floss and the group B will use simple waxed floss. Participants and health personnel will not know the type of toothpaste.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Kurdistan University of Medical Science

Street address

Kurdistan University of Medical Science, Pasdaran Ave

City

sanandaj

Province

Kurdistan

Postal code

661713446

Approval date

2023-08-28, 1402/06/06

Ethics committee reference number

IR.MUK.REC.1402.133

Health conditions studied

1

Description of health condition studied

interdental plaque

ICD-10 code

K05.10

ICD-10 code description

Chronic gingivitis, plaque induced

Primary outcomes

1

Description

interdental plaque and gingival health

Timepoint

Measure the indexes at the beginning of the study, 21 and 42 days later

Method of measurement

PI (Silness_Loe plaque index) with 0-3 score . IPI (interdental pressure index) with posetive and negative . GI(Silness_loe gingival index) with 0-4 score . PBI (papillary bleeding index) with 0-4 score

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: AThey receive expanding floss.They use floss twice a day for 42 days .

Category

Treatment - Drugs

2

Description

Intervention group: B AThey receive simple waxed floss.They use floss twice a day for 42 days .

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Kurdistan University of Medical Sciences

Full name of responsible person

zahra zabihi rizi

Street address

Kurdistan University of Medical Sciences,Pasdaran Ave

City

sanandaj

Province

Kurdistan

Postal code

661713446

Phone

+98 87 3366 4643

Email

za.mahra.1921@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Sanandaj University of Medical Sciences

Full name of responsible person

afshin maleki

Street address

Pasdaran Ave

City

sanandaj

Province

Kurdistan

Postal code

661713446

Phone

+98 87 3366 4645

Email

Maleki@muk.ac.ir

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

No

Title of funding source

Sanandaj 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

Sanandaj University of Medical Sciences

Full name of responsible person

zahra zabihi rizi

Position

dental student

Latest degree

A Level or less

Other areas of specialty/work

Dentistry

Street address

kooshk building , nooh Alley , shalman st.

City

sanandaj

Province

Kurdistan

Postal code

6617974688

Phone

+98 87 3377 1661

Email

za.mahra.1921@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Sanandaj University of Medical Sciences

Full name of responsible person

shabnam khalifehzade

Position

Associate Profesosr

Latest degree

Specialist

Other areas of specialty/work

Dentistry

Street address

No 5,Shaghayegh Alley, Lotfi Ave, Shalman Blvs, Sanandaj City

City

sanandaj

Province

Kurdistan

Postal code

6617975413

Phone

+98 87 3362 2260

Email

Shabnam.kh63ii@gmail.com

Person responsible for updating data

Contact

Name of organization / entity

Sanandaj University of Medical Sciences

Full name of responsible person

zahra zabihi rizi

Position

dental student

Latest degree

A Level or less

Other areas of specialty/work

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kooshk building , Nooh Alley , Shalman st.

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6617974688

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+98 87 3377 1661

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za.mahra.1921@gmail.com

Sharing plan

Deidentified Individual Participant Data Set (IPD)

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

Study Protocol

Undecided - It is not yet known if there will be 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

Undecided - It is not yet known if there will be 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