

Clinical Trial Protocol

Iranian Registry of Clinical Trials

23 Jul 2026

Investigating the effect of a toothbrush reminder application and a health education video on the oral health of patients undergoing orthodontic treatment.

Protocol summary

Study aim

Determining the effect of a toothbrush reminder program combined with a hygiene education video on the oral health of patients that are having orthodontic treatment.

Design

60 patients are randomly selected and divided into two groups. One group receives an intervention and the control group receives no intervention.

Settings and conduct

In this study, 30 patients with orthodontic treatment will be randomly divided into two groups: an intervention group and a control group. The intervention group will receive a toothbrush reminder app and the control group will only receive a hygiene education video.

Participants/Inclusion and exclusion criteria

The conditions for entering the study are having dental plaque, having a fixed or removable orthodontic appliance, having a smart phone, and being a member of the application to join the virtual network group of this study. Also, not smoking and not having systemic diseases or congenital diseases. The criteria for exiting the study are unwillingness to cooperate.

Intervention groups

For the experimental group, an app will be used to remind patients of their brushing schedule. This app, along with a training video, will be provided to the patient to ensure the patient uses the app and to answer patients' questions about how to control hygiene. All selected patients in the experimental group will be members of a group in the virtual space and will daily report their use of the app and their questions. If the patient does not report, follow-up will be done. Only a training video will be provided to the control group.

Main outcome variables

The results obtained can be used practically. Furthermore, this research will determine whether existing applications for improving human health can

improve oral hygiene in this study or are merely commercial and research-oriented.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20241123063809N1**

Registration date: **2024-12-25, 1403/10/05**

Registration timing: **prospective**

Last update: **2024-12-25, 1403/10/05**

Update count: **0**

Registration date

2024-12-25, 1403/10/05

Registrant information

Name

Samira Behrad

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 23 3332 1026

Email address

samirabehrad84@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2025-02-03, 1403/11/15

Expected recruitment end date

2025-02-08, 1403/11/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
Investigating the effect of a toothbrush reminder application and a health education video on the oral health of patients undergoing orthodontic treatment.

Public title
Investigating the effect of a toothbrush reminder application and a health education video on the oral health of patients undergoing orthodontic treatment.

Purpose
Prevention

Inclusion/Exclusion criteria
Inclusion criteria:
Age range 15-40 Having smart phone Using orthodontic appliance fix or removable Having messenger application
Exclusion criteria:
Not using cigarettes

Age
From **15 years** old to **40 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **60**

Randomization (investigator's opinion)
N/A

Randomization description

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 Semnan University of Medical Sciences and health services
Street address
Semnan, 17 Shahrivar Blvd., Dental Faculty of Semnan, Iran
City
Semnan
Province
Semnan

Postal code
35187-94431
Approval date
2024-10-14, 1403/07/23
Ethics committee reference number
IR.SEMUMS.REC.1403.139

Health conditions studied

1

Description of health condition studied
oral health situation
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Dental plaque burden
Timepoint
Dental plaque index at baseline and 3 months post-intervention
Method of measurement
Dental explorer probe and Plaque disclosing tablet

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Developing a reminder app for brushing and educational videos on oral hygiene for orthodontic patients at Semnan Dental School.
Category
Prevention

2

Description
Control group: Disseminating educational videos regarding oral hygiene protocols.
Category
Prevention

Recruitment centers

1

Recruitment center
Name of recruitment center
Semnan Dental School
Full name of responsible person
Samira Behrad
Street address
Semnan, 17 Shahrivar Blvd., Dental Faculty of

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City
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samirabehrad84@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Semnan University of Medical Sciences
Full name of responsible person
Elham Sadat Afraz
Street address
Semnan, 17 Shahrivar Blvd., Dental Faculty of
Semnan, Iran
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35187-94431
Phone
+98 23 3332 4700
Email
dent@semums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Semnan 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
Semnan University of Medical Sciences
Full name of responsible person
Amirreza Damanabi
Position
Dentistry student

Latest degree

A Level or less

Other areas of specialty/work

Dentistry

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Person responsible for scientific inquiries

Contact

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Semnan University of Medical Sciences
Full name of responsible person
Samira Behrad
Position
Assistant professor
Latest degree
Specialist
Other areas of specialty/work
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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

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

Yes - There is a plan to make this available

Title and more details about the data/document

All data can be potentially shared after individuals have been de-identified.

When the data will become available and for how long

The data will be accessible for a period of one month following the publication of the results.

To whom data/document is available

The data will be made available to all individuals working in the field of dentistry.

Under which criteria data/document could be used

Individuals with expertise in both statistics and dentistry will be authorized to submit requests for access to the data or documentation.

From where data/document is obtainable

The documents will be received via email at the samirabehrad84@gmail.com address.

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

The data will be provided to the requester after the request has been evaluated and the individual's identity and qualifications have been verified.

Comments