

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

Evaluation of Parafunctional Habitual Deletion in Improvement of Patient with Temporomandibular Joint Disorder and Neck Pain

Protocol summary

Summary

This study aimed to assess the efficacy of elimination of oral parafunctional habits for improvement of TMDs and neck pain. This interventional study was conducted on 136 patients presenting to the oral medicine department from January 2012 to January 2014 who had TMD, parafunctional habits and neck pain according to the Helkimo's index and the neck pain and disability index (NPDI). Patients were instructed on how to quit their parafunctional habits and were followed up at one and two months.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201410091559N6**
Registration date: **2016-02-18, 1394/11/29**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-02-18, 1394/11/29

Registrant information

Name

Farzaneh Aghahoseini

Name of organization / entity

Tehran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 6611 2437

Email address

aghahose@sina.tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Oral and Maxillofacial Medicine Departments of Tehran University of Medical Sciences

Expected recruitment start date

2013-01-09, 1391/10/20

Expected recruitment end date

2015-01-25, 1393/11/05

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluation of Parafunctional Habitual Deletion in Improvement of Patient with Temporomandibular Joint Disorder and Neck Pain

Public title

Elimination of Parafunctional Habits for Treatment of Temporomandibular Disorders and Neck Pains

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Patients who had TMDs according to the Helkimo's index; Patients who had parafunctional habits along with TMDs; Patients who had neck pain according to the criteria described by NPDI; Subjects between 15 to 75 years; Exclusion criteria: Subjects who only had TMDs or neck pain; Subjects younger than 15 or older than 75 years; Subjects with a history of trauma to their neck or TMJs; Subjects who were under regular pharmaceutical therapy for TMDs and neck pain.

Age

From **15 years** old to **75 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 136

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

School of Dentistry, Tehran University of Medical Sciences

Street address

School of Dentistry, Tehran University of Medical Sciences, North Karegar St., Enghelab Sq., Tehran.

City

Tehran

Postal code

Approval date

2015-12-21, 1394/09/30

Ethics committee reference number

IR.Tums.REC.139401451

Health conditions studied

1

Description of health condition studied

TMD, Neck pain

ICD-10 code

K07.6, S14

ICD-10 code description

Temporomandibular joint disorders, Injury of cervical sympathetic nerves

Primary outcomes

1

Description

TMD

Timepoint

at the time of intervention,,1months after intervention...and 2months after intervention

Method of measurement

Helkimo index

Secondary outcomes

1

Description

Neck pain

Timepoint

at the time of intervention,,1month after intervention...and 2months after intervention

Method of measurement

NPDI index

Intervention groups

1

Description

Patients were instructed to place their tongue behind their maxillary central incisors in such a way that the tongue applied no pressure to oral and dental tissues (as when the letter N is pronounced). In this position, the distance between the upper and lower teeth must be a few millimeters and lips must be closed with minimal pressure. In this position, the freeway space is maintained.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Oral and Maxillofacial Medicine Departments of Tehran University of Medical Sciences

Full name of responsible person

Elahe Mostajir

Street address

School of Dentistry, Tehran University of Medical Sciences, North Karegar St., Enghelab Sq., Tehran.

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Research Center of School of Dentistry, Tehran University of Medical Sciences

Full name of responsible person

Dr. Zahra Khorshidi

Street address

Research Center of School of Dentistry, Tehran University of Medical Sciences, Enghelab Sq., Tehran.

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Research Center of School of Dentistry, Tehran University of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

empty

Person responsible for general inquiries**Contact****Name of organization / entity**

Student

Full name of responsible person

Elahe Mostajir

Position

School of Dentistry, Tehran University of Medical Sciences.

Other areas of specialty/work**Street address**

School of Dentistry, Tehran University of Medical Sciences, North Karegar St., Enghelab Sq., Tehran.

City

Tehran

Postal code**Phone**

+98 21 2211 8913

Fax**Email**

elahe.mostajir@yahoo.com,
aghahose@sina.tums.ac.ir

Web page address**Person responsible for scientific inquiries****Contact****Name of organization / entity**

School of Dentistry, Tehran University of Medical Sciences

Full name of responsible person

Dr. Farzaneh Aghahosseini

Position

Professor

Other areas of specialty/work**Street address**

School of Dentistry, Tehran University of Medical Sciences, North Karegar St., Enghelab Sq., Tehran.

City

Tehran

Postal code**Phone**

+98 21 4279 4000

Fax**Email**

aghahose@sina.tums.ac.ir

Web page address**Person responsible for updating data****Contact****Name of organization / entity**

School of Dentistry, Tehran University of Medical Sciences

Full name of responsible person

Elahe Mostajir

Position

Student

Other areas of specialty/work**Street address**

School of Dentistry, Tehran University of Medical Sciences, North Karegar St., Enghelab Sq., Tehran.

City

Tehran

Postal code**Phone**

+98 21 4440 7181

Fax**Email**

elahe_mostajir@yahoo.com

Web page address**Sharing plan****Deidentified Individual Participant Data Set (IPD)**

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty