

# Sleep, stress and nutrition in periodontal maintenance patients

No registrations found.

<b>Ethical review</b>	Positive opinion
<b>Status</b>	Recruiting
<b>Health condition type</b>	-
<b>Study type</b>	Observational non invasive

## Summary

### ID

NL-OMON25922

### Source

NTR

### Brief title

TBA

### Health condition

periodontitis

## Sponsors and support

**Primary sponsor:** -

**Source(s) of monetary or material Support:** ACTA Amsterdam

## Intervention

## Outcome measures

### Primary outcome

dietary clusters based on the FFQ, stress-level, sleep-questionnaire, periodontal treatment results (plaque, bleeding, probing depths)

### Secondary outcome

## Study description

### Background summary

Sleep disturbances, experienced stress-level and dietary patterns are observed in a group of 500 periodontal maintenance patients being treated at the Department of Periodontology at ACTA Amsterdam. The aim is to look at trends and clusters in these variables compared to the treatments results and demographics.

### Study objective

Periodontal maintenance patients with less stress, less sleep disturbances and a diet with various fruits, vegetables and healthy fats will show better treatment results than patients with a less healthy lifestyle.

### Study design

one time point/observational

## Contacts

### Public

ACTA Amsterdam  
Danielle Spies

0681295230

### Scientific

ACTA Amsterdam  
Danielle Spies

0681295230

## Eligibility criteria

### Inclusion criteria

periodontal maintenance patients receiving treatment for at least 2 years with a recent (max 12 months old) periodontium status

## Exclusion criteria

periodontal maintenance receiving treatment for less than 2 years or with a periodontium status of more than 12 months old.

## Study design

### Design

Study type: Observational non invasive

Intervention model: Other

Allocation: Non controlled trial

**Control:** N/A , unknown

### Recruitment

NL

Recruitment status: Recruiting

Start date (anticipated): 16-09-2021

Enrollment: 510

Type: Anticipated

### IPD sharing statement

**Plan to share IPD:** Undecided

## Ethics review

Positive opinion

Date: 16-09-2021

Application type: First submission

## Study registrations

### Followed up by the following (possibly more current) registration

No registrations found.

### Other (possibly less up-to-date) registrations in this register

No registrations found.

### In other registers

Register	ID
NTR-new	NL9735
Other	ETC ACTA : 2021-73203

## Study results