

1 Evidence-Based Periodontology	1
1.1 What Is Evidence-Based Medicine?	1
1.2 What Is Evidence-Based Dentistry?	6
1.3 What Is Evidence-Based Periodontology?	6
1.4 Evidence-Based Periodontology Versus Traditional Periodontology	6
References	6
2 Ethical Considerations in Periodontal Research	9
2.1 Protection of Human Study Participants	9
2.2 Responsibilities of Investigators	19
2.3 Ethical Issues Specific to Certain Types of Research	22
References	27
3 Overview of Clinical Research Design Architecture	31
3.1 Developing a Research Question	31
3.2 Classification of Types of Clinical Research	32
3.3 Observational Clinical Research	34
3.4 Experimental Studies	64
3.5 Small Clinical Trials	78
3.6 Sampling Methods	79
3.7 Measurement of Outcomes	81
3.8 Are the Findings Valid?	82
3.9 Assessing the Quality of Published Observational Research	82
References	83
4 Randomized Controlled Clinical Trials	89
4.1 Clinical Trial Design	89
4.2 Clinical Trial Implementation	115
4.3 Consolidated Standards of Reporting Trials (Consort) Guidelines	123
4.4 Special Types of RCTs: Comparative RCTs	133
4.5 Special Types of RCTs: Cluster (Group)-Randomized Trials	137
References	138

5	Bias in Periodontal Research	145
5.1	Bias Before a Trial Begins	145
5.2	Bias During Trial Execution	151
5.3	Bias After a Trial Ends	153
5.4	Overarching Biases	154
5.5	The Effect of Bias on the Magnitude of Clinical Outcomes in Periodontology	155
	References	156
6	Measurement Reliability in Periodontal Research	159
6.1	Basic Terminology	159
6.2	Sources of Variability for the Measurement Reliability	159
6.3	Standardization Versus Calibration	166
6.4	Reliability Measures	167
6.5	Inter- Versus Intra-examiner Variability	172
6.6	Intra-examiner Variability in Periodontal Studies	173
	References	180
7	Compliance Considerations in Clinical Trial Design	185
7.1	Compliance in Periodontal Antimicrobial Treatment	185
7.2	Enhancing Adherence in Clinical Research	186
	References	189
8	Performing Systematic Reviews and Meta-Analyses	191
8.1	Introduction	191
8.2	Steps in Conducting a Systematic Review	195
8.3	Reporting of Systematic Reviews and Meta-analysis of Observational Studies	232
8.4	Reporting of Systematic Reviews and Meta-analysis of Randomized Controlled Trials	232
8.5	Assessing the Quality of Systematic Reviews	234
8.6	Pitfalls in Systematic Reviews	238
8.7	When Can a Meta-analysis Mislead?	242
8.8	Particular Types of Systematic Reviews and Meta-Analysis	242
8.9	Improving and Updating Reviews	246
	References	250
9	Statistical Versus Clinical Significance in Periodontal Research	257
9.1	The Matter of Statistical Significance	257
9.2	Definition of Clinical Significance	259
9.3	Methods and Criteria to Evaluate Clinical Relevance	260
9.4	The 'Number Needed to Treat' (NNT)	262
9.5	Clinical Significance of Periodontal Therapies	266
	References	268
10	Clinical Practice Guidelines in Periodontology	271
10.1	Benefits of Clinical Guidelines	271
10.2	Limits of Clinical Guidelines	272
10.3	Development of Clinical Practice Guidelines and Clinical Guidance Statements	274

10.4	Clinical Practice Guidelines Update Process	290
10.5	Clinical Guidelines That Support Common Dental Procedures	291
	References	294
11	Multilevel Modelling in Periodontal Research	297
11.1	Site-Based, Tooth-Based, and Subject-Based Periodontal Evaluation	297
11.2	Principles of Multilevel Modelling (MLM)	298
11.3	The MLwiN Software	300
11.4	The Application of Multilevel Modelling to Cross-Sectional Periodontal Data	300
11.5	The Application of Multilevel Modelling to Longitudinal Periodontal Data	302
11.6	The Application of Multilevel Modelling to Periodontal Treatment Response Data	305
	References	312
12	Contemporary Concepts in the Diagnosis of Periodontal Disease	315
12.1	Clinical Methods for Periodontal Diagnosis	315
12.2	Radiographic Assessment of Periodontal Disease	325
12.3	Newly Emerging Methods for Periodontal Diagnosis	330
12.4	Advances in Microbiologic Analysis	346
12.5	Biochemical Analysis as Part of Periodontal Diagnosis	370
	References	404
13	A Guide to Diagnostic Accuracy Studies in Periodontology	423
13.1	Types of Diagnostic Evaluation Studies	423
13.2	Used Terminology	424
13.3	The Differences Between Studies of Diagnosis and Therapy	426
13.4	Defining and Interpreting the Accuracy Diagnostic Test	427
13.5	Guide for Reporting Studies of Diagnostic Tests: The STARD Initiative	430
13.6	Checklists for Assessing Studies on Diagnostic Test Accuracy	432
13.7	Systematic Reviews and Meta-analysis of Diagnostic Studies	434
13.8	Application of GRADE: Making Evidence-Based Recommendations About Diagnostic Tests in Clinical Practice Guidelines	438
	References	440
14	Clinical Trials Principles for Evaluation of Antimicrobial Drugs in Periodontal Disease Treatment	441
14.1	Studies <i>In Vitro</i>	442
14.2	Studies <i>In Vivo</i>	443
14.3	Class or Trial Type	452
	References	453

15	The Hawthorne Effect	459
15.1	Terminology	459
15.2	The Placebo Effect	459
15.3	The Hawthorne Effect	460
	References	462
16	Clinical Trial Principles for Evaluation of Products	
	Used in the Management of Oral Malodour	465
16.1	Etiopathogenesis of Oral Malodour	465
16.2	Assessment Methods of Oral Malodour	467
16.3	Treatment of Oral Malodour	469
16.4	Guidelines for Investigating Subjects with Halitosis	470
16.5	The ADA Guidelines on Oral Malodour Products	473
	References	475
17	Challenges in Periodontal Genetics Research	477
17.1	Periodontitis Is a Complex Disease	477
17.2	Polygenetic Model for Periodontitis	482
17.3	Epigenetics and Periodontal Disease	485
17.4	Challenges for Periodontitis Genetics Studies	487
17.5	Limitations of Genetic Association Studies	503
	References	505
18	Quantification of Gingival, Periodontal, and Oral	
	Hygiene Status in Periodontal Research Environment	507
18.1	Evaluation of Inflammatory Changes of the Gingiva	507
18.2	Indices for Measuring Periodontitis	525
18.3	Oral Hygiene Indices	540
18.4	Miscellaneous Indices	563
18.5	Treatment Needs Indices	564
	References	568
19	Aspects of the Research Methodology for Periodontal	
	Disease Assessment in Epidemiological Surveys	575
19.1	Introduction	575
19.2	Epidemiological Study Designs	575
19.3	Issues of Study Design	577
19.4	Definitions of Periodontitis and Methods That Have Been Used to Identify This Disease in Epidemiological Studies	589
19.5	Periodontal Disease Progression	619
19.6	Monitoring and Quality Control	621
19.7	Self-Reported Periodontal Disease	626
19.8	Using Administrative Data for Epidemiological Research	634
19.9	Risk Factors of Periodontal Disease	635
	References	637

20	Assessing Confounding and Effect Modification of Periodontitis–Systemic Disease Associations	645
20.1	Confounding	645
20.2	Controlling for Confounding	649
20.3	Effect Modification	652
	References	653
21	Animal Models in Periodontal Research	655
21.1	Animal Models Used in Periodontal Research	655
21.2	Selection of an Experimental Animal Model	655
21.3	Experimental Periodontal Defects	657
21.4	Nonhuman Primates	670
21.5	Dogs	676
21.6	Miniature Pigs	692
21.7	Rats	696
21.8	Hamster	714
21.9	Mice	714
21.10	Shrew (<i>Suncus murinus</i>)	727
21.11	Rabbit	727
21.12	Sheep Model	728
21.13	Ferrets	730
21.14	Cat	731
21.15	Animal Models of Periodontitis-Associated Systemic Disease	731
21.16	Improving the Reporting of Animal Experiments: The ARRIVE Guidelines	741
21.17	Methodological Quality of Systematic Reviews of Animal Studies	744
21.18	Comparison of Treatment Effects Between Animal Experiments and Clinical Trials	745
	References	747
	Index	765