

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jul 2026

Comparing the effect of Benzoyl Proxide 5% and IPL and benzoyl Proxide 5%-alone in mild-to-moderate acne

Protocol summary

Summary

Acne is a dermatological disorder that afflicts mainly young people. Even though acne is not a contagious and severe disease, but it is important due to its effects on patient's quality of life and social communications. Various topical treatments are used to treat acne. Benzoyl peroxide 5% is the commonly used treatment and due to its keratolytic and comedolytic properties can be used alone. In recent years, light-based therapies like intense pulsed light have drawn great attention. Because of its efficacy and multifactorial property of acne, the current trial aims to compare the effect of intense pulsed light and topical benzoyl peroxide to topical benzoyl peroxide alone. Total target sample size consists of 58 adult mild-to-moderate acne patients with inclusion criteria of receiving no antibiotic during past 2 weeks and no systemic steroid and retinoid during past 6 months, and no pregnancy. Exclusion criteria include irregular returns or being photosensitive. Control group receives topical benzoyl peroxide 5% for 3 months. Patients in treatment group receive IPL, in addition to topical treatment, 3 times with a month interval starting from the end of first month. The disease severity would be assessed by acne global severity scale and acne severity index.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016051727947N1**

Registration date: **2016-06-20, 1395/03/31**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-06-20, 1395/03/31

Registrant information

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Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Isfahan University of Medical Sciences

Expected recruitment start date

2016-02-07, 1394/11/18

Expected recruitment end date

2016-06-12, 1395/03/23

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the effect of Benzoyl Proxide 5% and IPL and benzoyl Proxide 5%-alone in mild-to-moderate acne

Public title

Comparing the Effect of Benzoyl Proxide 5% and IPL andto Proxide 5%-alone in acne

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: being afflicted with mild-to-moderate acne; patients who prefer to receive therapies faster than commonly used time-consuming treatments; having no acne scar; no pregnancy of breast feeding; consent to

participate; receiving no antibiotic during past two weeks or systemic steroid and retinoid during past 6 months; photosensitivity; no tendency to develop hypertrophic scar; Exclusion criteria: sensitivity to benzoyl peroxide; no regular visits; using co-treatments.

Age

From **12 years** old to **40 years** old

Gender

Both

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **58**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Isfahan University of Medical Sciences

Street address

Isfahan- Hezajerib- Isfahan Uni Med Sci

City

Isfahan

Postal code

Approval date

2015-08-05, 1394/05/14

Ethics committee reference number

ir.mui.rec.1394.3.426

Health conditions studied

1

Description of health condition studied

Acne vulgaris

ICD-10 code

L70.0

ICD-10 code description

Acne vulgaris

Primary outcomes

1

Description

Acne Severity Index

Timepoint

Before and 1, 2, 3 months after initiation and 1 month after the last visit

Method of measurement

Calculating corresponding formula based on the number of injuries

Secondary outcomes

1

Description

Acne Global Severity Scale

Timepoint

Before, 1,2,3 month after treatment and 1 month after final treatment

Method of measurement

Calculating corresponding formula based on the number of injuries

Intervention groups

1

Description

Control group receives topical benzoyl peroxide 5% only

Category

Treatment - Other

2

Description

Treatment group receives intense pulsed light therapy in addition to topical treatment of benzoyl peroxide 5% and

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Al-Zahra Hospital

Full name of responsible person

Maryam Gholami

Street address

City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Isfahan University of Medical Sciences

Full name of responsible person

Fatemeh Mokhtari

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Isfahan

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

Yes

Title of funding source

Isfahan 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**

Isfahan Uni Med sci

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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*