

Clinical Trial Protocol

Iranian Registry of Clinical Trials

06 Jun 2026

Comparison of the effect of Aloe Vera gel and placebo on the severity of lesions in patients with acne vulgaris

Protocol summary

Study aim

Determine the effect of aloe vera gel on the severity of lesions in acne patients

Design

Controlled clinical trial with a parallel group design

Settings and conduct

This study is done in the skin clinic. Samples will be selected from patients with acne vulgaris.

Participants/Inclusion and exclusion criteria

The inclusion criteria included: Age between 18 and 40 years and satisfaction participate in the study. Exclusion criteria included: discontinuation from the study and allergic to Aloe Vera gel.

Intervention groups

Group 1 (intervention): topical application of Aloe vera plant gel, once a week for two weeks
Group 2 (placebo): Topical use of distilled water, once a week for two weeks

Main outcome variables

Severity of acne lesions

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20130731014229N9**

Registration date: **2019-04-08, 1398/01/19**

Registration timing: **registered_while_recruiting**

Last update: **2019-04-08, 1398/01/19**

Update count: **0**

Registration date

2019-04-08, 1398/01/19

Registrant information

Name

Hadi Jafari manesh

Name of organization / entity

Arak University of Medical Science

Country

Iran (Islamic Republic of)

Phone

+98 86 3417 3503

Email address

jafarimanesh@arakmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-03-11, 1397/12/20

Expected recruitment end date

2019-06-21, 1398/03/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effect of Aloe Vera gel and placebo on the severity of lesions in patients with acne vulgaris

Public title

The effect of Aloe vera gel on the severity of acne lesions

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Age of 15 to 40 years Aloe Vera gel insensitivity

Exclusion criteria:

Do not use Aloe Vera gel more than once
Cancellation of participation in the study
Pregnancy and lactation

Age

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

Gender

Both

Phase

N/A

Groups that have been masked

- Participant
- Data analyster

Sample sizeTarget sample size: **70**Actual sample size reached: **70****Randomization (investigator's opinion)**

Randomized

Randomization description

The samples are randomly assigned to quadruple blocks A, A, B, B in random groups.

Blinding (investigator's opinion)

Double blinded

Blinding description

Participants and data analyzer do not know which groups are located. The samples in the intervention and control group did not know whether they received the placebo or the main drug. The statistician will receive questionnaires as anonymously and in form A and B, and he does not know which are intervention and control group.

Placebo

Used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

کمیته اخلاق دانشگاه علوم پزشکی اراک

Street address

Basij Sq.

City

Arak

Province

Markazi

Postal code

3819693345

Approval date

2019-02-24, 1397/12/05

Ethics committee reference number

IR.ARAKMU.REC.1397.378

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**

total lesion count

Timepoint

Measuring the severity of acne lesions at the beginning of the study (before the intervention) and 7, 14 days after the start of use of Aloe Vera gel

Method of measurement

Global Acne Grading system or GAGS

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: In the intervention group, in addition to the medications prescribed by the doctor, topical application of 5 mm of natural aloe vera plant gel for 15 days a day

Category

Treatment - Drugs

2**Description**

Control group: For the control group, distilled water is used as the drug

Category

Placebo

Recruitment centers**1****Recruitment center****Name of recruitment center**

Dermatology Clinic Dr. Mirnezami

Full name of responsible person

Hadi Jafarianesh

Street address

Abasabad Ave.

City

Arak

Province

Markazi

Postal code

3819693345

Phone

+98 86 3417 3503

Email

nurse_science@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Arak University of Medical Sciences

Full name of responsible person

Mohammad Arjomandzadegan

Street address

Deputy of Research and Technology, Arak University of Medical Sciences, Basij Square, Sardasht, Arak, Iran

City

Arak

Province

Markazi

Postal code

3819693345

Phone

+98 38 1969 3345

Email

nurse_science@yahoo.com

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

Yes

Title of funding source

Arak 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**

Arak University of Medical Sciences

Full name of responsible person

Hadi Jafarianesh

Position

Faculty

Latest degree

Master

Other areas of specialty/work

Nursery

Street address

Basij Sq. Arak

City

Arak

Province

Markazi

Postal code

3819693345

Phone

+98 34173503

Email

nurse_science@yahoo.com

Person responsible for scientific inquiries

Contact**Name of organization / entity**

Arak University of Medical Sciences

Full name of responsible person

Hadi Jafarimanesh

Position

Faculty

Latest degree

Master

Other areas of specialty/work

Nursery

Street address

Basij Sq. Arak

City

Arak

Province

Markazi

Postal code

3819693345

Phone

+98 86 3417 3503

Email

nurse_science@yahoo.com

Person responsible for updating data

Contact**Name of organization / entity**

Arak University of Medical Sciences

Full name of responsible person

Arak University of Medical Sciences

Position

Faculty

Latest degree

Master

Other areas of specialty/work

Nursery

Street address

Basij Sq. Arak

City

Arak

Province

Markazi

Postal code

3819693345

Phone

+98 86 3417 3503

Email

nurse_science@yahoo.com

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to

make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available