

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

Comparison of topical application of a combination of vitamin C, E and moisturizing ingredients, ultrasound and phonophoresis on the striae distensae in healthy young women

Protocol summary

Summary

The objective of this randomized trial is to investigate the effect of topical application of a combination of vitamin C, E and moisturizing ingredients, ultrasound and phonophoresis on the striae distensae in healthy young women. In this study 40 women who meet the inclusion/exclusion criteria will be recruited and randomly assigned into one of the 3 intervention or control groups. All Striae will be selected from abdominal area. The subjects in the intervention group 1 will receive ultrasound with ultrasounic gel. The subjects in the intervention group 2 will receive ultrasound through phonophoresis of a combination of vitamin C, E and moisturizing ingredients. The subjects in the intervention group 3 will receive topical application of a combination of vitamin C, E and moisturizing ingredients. The subjects in control group will receive placebo ultrasound. Intervention lasts for 30 sessions. Length, width and quality of striae of all participants will be measured before intervention, immediately after and 1 month after the intervention, and will be compared among 4 groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201207204203N6**
Registration date: **2012-08-04, 1391/05/14**
Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2012-08-04, 1391/05/14

Registrant information

Name

Atefeh Aminian Far

Name of organization / entity

Semnan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 23 1335 4180

Email address

aminianfar@razi.tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Deputy of Research, Semnan University of Medical Sciences (Governmental source)

Expected recruitment start date

2012-09-22, 1391/07/01

Expected recruitment end date

2013-03-19, 1391/12/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of topical application of a combination of vitamin C, E and moisturizing ingredients, ultrasound and phonophoresis on the striae distensae in healthy young women

Public title

Striae and Phonophoresis

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Aged between 17-35 years old, striae

aged less than 6 months, written consent, sex female.
Exclusion criteria: Previous history of disease like Cushing syndrome, history of corticosteroid injection, skin disease, abrupt weight gain/loss, presence of any type of medication for striae like drug or cream.

Age

From **17 years** old to **35 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary IDs

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Deputy of Research, Semnan University of Medical Sciences

Street address

Bassij Blvd, Semnan University of Medical Sciences,
Deputy of Research, Semnan, Iran.

City

Semnan

Postal code

3519899951

Approval date

2012-06-12, 1391/03/23

Ethics committee reference number

91/186148

Health conditions studied

1

Description of health condition studied

Atrophic disorders of skin

ICD-10 code

L90.6

ICD-10 code description

Striae atrophicae

Primary outcomes

1

Description

Length of Striae

Timepoint

Before Intervention, following 30 sessions of intervention, 1 month following end of intervention

Method of measurement

through caliper

2

Description

Width of Striae

Timepoint

Before Intervention, following 30 sessions of intervention, 1 month following end of intervention

Method of measurement

through caliper

3

Description

Intensity of Striae

Timepoint

Before Intervention, following 30 sessions of intervention, 1 month following end of intervention

Method of measurement

Based on computerized software and digitalized photography

4

Description

Color of Striae

Timepoint

Before Intervention, following 30 sessions of intervention, 1 month following end of intervention

Method of measurement

Based on computerized software and digitalized photography

5

Description

Hue of Striae

Timepoint

Before Intervention, following 30 sessions of intervention, 1 month following end of intervention

Method of measurement

Based on computerized software and digitalized photography

Secondary outcomes

empty

Intervention groups

1

Description

Intervention (3): Just topical application of a combination of vitamin C, E and moisturizing ingredients on striae.

This intervention lasts for 30 days/ daily.

Category

Treatment - Drugs

2

Description

Control: Placebo ultrasound for 5 minutes. . This intervention lasts for 30 days/ daily.

Category

Treatment - Drugs

3

Description

Intervention (1): using ultrasound 3MHz, pulsative (20%), low intensity 0.8 W/cm², increasing gradually through sessions, for 5 minutes on abdominal striae . This intervention lasts for 30 days/ daily.

Category

Treatment - Other

4

Description

Intervention (2): Phonophoresis of a combination of vitamin C, E and moisturizing ingredients using ultrasound 3MHz, pulsative (20%), low intensity 0.8 W/cm², increasing gradually through sessions, for 5 minutes on abdominal striae. Amount of vitamin C: 20%, vitamin E: 1% and moisturizers: 10%. this ingredients would be combined with ultrasonic gel in proportion of 50-50. This intervention lasts for 30 days/ daily.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Clinics under supervision of Semnan University of Medical Sciences

Full name of responsible person

Dr. Atefeh Aminian Far

Street address

Kilometer 5 Damghan road, Semnan University of Medical Sciences

City

Semnan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Deputy of Research, Semnan University of Medical Sciences

Full name of responsible person

Dr. Raheb Ghrbani

Street address

Bassij Blvd, Semnan University of Medical Sciences, Deputy of Research, Semnan, Iran.

City

Semnan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Deputy of Research, Semnan 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

Semnan University of Medical Sciences

Full name of responsible person

Dr. Atefeh Aminian Far

Position

Ph.D of Physiotherapy/ Assistant Professor

Other areas of specialty/work

Street address

Kilometer 5 Damghan road, Semnan University of Medical Sciences

City

Semnan

Postal code

1439957181

Phone

+98 23 1335 4182

Fax

Email

aminfar@sem-ums.ac.iraminfar83@yahoo.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Semnan University of Medical Sciences

Full name of responsible person

Dr. Atefeh Aminian Far

Position

Ph.D of Physiotherapy/ Assistant Professor

Other areas of specialty/work

Street address

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Medical Sciences

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aminfar@sem-ums.ac.iraminfar83@yahoo.com

Web page address

Person responsible for updating data

Contact

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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