Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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 Striaes 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 for30 sessions. Length, width and quality of striaes 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)

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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 17-35years old, striae

aged less then 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
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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