

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Evaluation of the effect and side effects of topical glucosamine in the treatment of patients with plaque psoriasis

Protocol summary

Study aim

Evaluation of the possible therapeutic efficacy of topical glucosamine in patients with plaque psoriasis

Design

A double-blind randomized clinical trial with 30 eligible patients were randomly assigned to the R group (Right side as treatment) and the L group (Left side as treatment)

Settings and conduct

Patients with chronic plaque psoriasis who referred to the dermatology department of Imam Reza Hospital in Mashhad during the study were included in the study if they were eligible and were randomly assigned to the right and left groups of the body. This study was performed double-blindly so that patients and physicians did not know the type of intervention.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Patients of older than 18 years, Patients with plaque psoriasis
Exclusion criteria: Use of any topical or oral medication affecting the course of the disease in the last three months, Irregular attendance for visits, Occurrence of any complications

Intervention groups

30 patients of plaque psoriasis who indicated for topical treatment were enrolled in the study after declaring informed consent. The patient received glucosamine and placebo ointment and advised to use twice daily on every side of the body and totally be used for 8 weeks.

Main outcome variables

Despite a continuous reduction in modified PASI score in both groups, no significant differences were observed between the topical drug and the placebo

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200817048439N1**

Registration date: **2020-10-18, 1399/07/27**

Registration timing: **retrospective**

Last update: **2020-10-18, 1399/07/27**

Update count: **0**

Registration date

2020-10-18, 1399/07/27

Registrant information

Name

Sadegh Dehghani

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 3800 2288

Email address

dehghanis931@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2016-05-09, 1395/02/20

Expected recruitment end date

2016-06-13, 1395/03/24

Actual recruitment start date

2016-05-09, 1395/02/20

Actual recruitment end date

2016-06-13, 1395/03/24

Trial completion date

2016-08-20, 1395/05/30

Scientific title

Evaluation of the effect and side effects of topical glucosamine in the treatment of patients with plaque psoriasis

Public title

Effect of glucosamine in the treatment of psoriasis

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Patients of older than 18 years Patients with plaque psoriasis

Exclusion criteria:

Use of any topical or oral medication affecting the course of the disease in the last three months Irregular attendance for visits Occurrence of any complications

Age

From **18 years** old

Gender

Both

Phase

3

Groups that have been masked

- Participant
- Investigator
- Outcome assessor
- Data analyser

Sample size

Target sample size: **30**

Actual sample size reached: **14**

Randomization (investigator's opinion)

Not randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Due to the similarity of the placebo and the main drug, patients will not be informed of the type of intervention. On the other hand, the examining physician does not have information about the main characteristics of the patient and the type of intervention during the examination, and only the symptoms are examined and reported with numerical codes. Therefore, the study will be conducted double-blindly.

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Mashhad University of Medical Sciences

Street address

Faculty of Medicine, Pardis Campus, Azadi Square, Mashhad

City

Mashhad

Province

Razavi Khorasan

Postal code

9177948564

Approval date

2016-02-13, 1394/11/24

Ethics committee reference number

IR.MUMS.REC.1396.656

Health conditions studied

1

Description of health condition studied

Psoriasis vulgaris

ICD-10 code

L40.0

ICD-10 code description

Psoriasis vulgaris

Primary outcomes

1

Description

Psoriasis area and severity index (PASI)

Timepoint

Every two weeks

Method of measurement

Calculated by the severity index and psoriasis area formula

Secondary outcomes

empty

Intervention groups

1

Description

Glucosamine ointment: Topical glucosamine ointment was routinely used by patients twice a day on plaque lesions on one side of the body for a total of 8 weeks.

Category

Treatment - Drugs

2

Description

Placebo ointment: Topical placebo ointment was routinely used by patients twice a day on plaque lesions on one side of the body for a total of 8 weeks.

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Cutaneous leishmaniasis research center

Full name of responsible person

Ahmadreza Taheri Bojd

Street address

Cutaneous leishmaniasis Research Center, Imam Reza Hospital, Ibn Sina St., Mashhad, Iran

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Mohsen Tafaghodi Piadeh Gheibi

Street address

Deputy of Research and Technology, Ghorashi Building, University Street, Mashhad, Iran

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<https://v-research.mums.ac.ir>

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Mashhad 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

Mashhad University of Medical Sciences

Full name of responsible person

Ahmadreza Taheri Bojd

Position

Assistant professor

Latest degree

Specialist

Other areas of specialty/work

Dermatology

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Medical Biotechnology

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Person responsible for updating data

Contact

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Full name of responsible person

Sadegh Dehghani

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PhD Candidate

Latest degree

Master

Other areas of specialty/work

Medical Biotechnology

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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