

Clinical Trial Protocol

Iranian Registry of Clinical Trials

22 Jul 2026

Comparative evaluation of PRP (Platelet-Rich Plasma) with nutritional supplements in improvement of hair loss (telogen effluvium) in patients recovered from COVID-19 in Bam Pasteur hospital in 2022

Protocol summary

Study aim

Comparative evaluation of PRP (Platelet-Rich Plasma) with nutritional supplements in improvement of hair loss (telogen effluvium) in patients recovered from COVID-19 in Bam Pasteur hospital in 2022

Design

The clinical trial consists of two groups without blinding, in which individuals are randomly divided into two groups of 30 people.

Settings and conduct

Patients are treated with PRP at the Pasteur Hospital Dermatology Clinic.

Participants/Inclusion and exclusion criteria

Age 20 to 50 years Covid 19 disease (positive by PCR test) 2 to 4 months before enrollment Occurrence of persistent and significant hair loss after Covid 19 disease, which according to the diagnosis of a dermatologist has a pattern similar to telogen effluvium

Intervention groups

Therapeutic intervention in the first group includes nutritional supplements (folic acid, vitamin D, zinc plus and capsule hair vit) which are prescribed to the person daily for three months based on daily needs and BMI. Therapeutic intervention in the second group includes PRP injection once every three weeks for four sessions. At the end of three months, the patients will be visited again by a primary dermatologist.

Main outcome variables

Considering the effects of PRP on hair loss in other studies and since so far there are very limited studies on the effect of using PRP on hair loss in patients who have recovered from Covid-19 and comparing it with nutritional supplements. The present study was conducted with the aim of investigating the effect of PRP and nutritional supplements on post-Covid hair loss.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220603055066N1**

Registration date: **2022-09-28, 1401/07/06**

Registration timing: **prospective**

Last update: **2022-09-28, 1401/07/06**

Update count: **0**

Registration date

2022-09-28, 1401/07/06

Registrant information

Name

faeze bahadornia

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 34 4431 1925

Email address

faezebahadornia@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-10-02, 1401/07/10

Expected recruitment end date

2022-12-31, 1401/10/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparative evaluation of PRP (Platelet-Rich Plasma) with nutritional supplements in improvement of hair loss (telogen effluvium) in patients recovered from COVID-19 in Bam Pasteur hospital in 2022

Public title

Comparative evaluation of PRP with nutritional supplements in improvement of hair loss in patients recovered from COVID-19

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Age 20 to 50 years Covid 19 disease (positive by PCR test) 2 to 4 months before enrollment Occurrence of persistent and significant hair loss after Covid 19 disease, which according to the diagnosis of a dermatologist has a pattern similar to telogen effluvium

Exclusion criteria:

People who are diagnosed as the other types of alopecia (except telogen effluvium) Pregnant or lactating women Patients who are being treated with drugs such as finasteride, spironolactone, minoxidil or OCP or who have recently stopped taking these drugs Patients who have an underlying disease affecting hair loss Lack of informed consent to enter the study

Age

From **20 years** old to **50 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

ethics committee of Bam university of medical sciences

Street address

No.27, Alley 3, Saiyid ush shohada Blvd

City

Bam

Province

Kerman

Postal code

7661777997

Approval date

2022-05-20, 1401/02/30

Ethics committee reference number

IR.MUBAM.REC.1401.023

Health conditions studied

1

Description of health condition studied

telogen effluvium

ICD-10 code

L65.0

ICD-10 code description

Telogen effluvium

Primary outcomes

1

Description

The amount of hair loss

Timepoint

The beginning of the study , 21 , 42 , 63

Method of measurement

Hair pull test

2

Description

The level of satisfaction of the state of hair loss, increased hair growth and hair quality

Timepoint

The beginning of the study , 21 , 42 , 63

Method of measurement

The satisfaction questionnaire is based on the examination of hair loss before and after the intervention, as well as the satisfaction level regarding the state of hair loss, increased hair growth and hair quality based on a five-point scale from very dissatisfied, which means a score of 0, to very satisfied, which means a score of 5. .

Secondary outcomes

empty

Intervention groups

1

Description

Therapeutic intervention in the first group includes nutritional supplements (folic acid, vitamin D, zincplus and hair vit.) which are prescribed to the person daily for

three months based on daily needs and BMI.

Category

Treatment - Drugs

2**Description**

The therapeutic intervention in the second group includes PRP injection once every three weeks and for four sessions. It should be noted that PRP is used autologously and from the patient's own blood product, and the obtained PRP is used only for the patient himself. In this way, 20 ml of the person's venous blood is introduced by a trained nurse in a tube containing sodium citrate and centrifuged for five minutes at a speed of 1500 rpm. Using a sterile syringe, the plasma is transferred to a tube without anticoagulants by a trained nurse and placed in a second centrifuge at 2500 rpm for 20 minutes. The resulting PRP is then collected. Each time PRP is injected intradermally at a dose of 0.1-0.2 ml per injection at a distance of about one centimeter in the interfollicular areas of the frontal and vertebral region by a dermatologist.

Category

Treatment - Drugs

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

Pasteur hospital of Bam

Full name of responsible person

faeze bahadornia

Street address

5 km of Bam-Barvat road

City

Bam

Province

Kerman

Postal code

7661961676

Phone

+98 34 4431 9405

Email

faezebahadornia@gmail.com

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Bam University of Medical Sciences

Full name of responsible person

Sahar ebrahimi

Street address

5 km of Bam-Barvat road

City

Bam

Province

Kerman

Postal code

7661961676

Phone

+98 34 4431 9405

Email

faezebahadornia@gmail.com

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

No

Title of funding source

Bam 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**

Bam University of Medical Sciences

Full name of responsible person

Sahar ebrahimi

Position

Professor

Latest degree

Specialist

Other areas of specialty/work

Medical Education

Street address

No. 27, Alley 3, Seyed Al-Shohada Boulevard

City

Bam

Province

Kerman

Postal code

7661777997

Phone

+98 34 4431 1921

Email

faezebahadornia@gmail.com

Person responsible for scientific inquiries**Contact****Name of organization / entity**

Bam University of Medical Sciences

Full name of responsible person

Sahar ebrahimi

Position

Professor

Latest degree
Specialist
Other areas of specialty/work
Medical Education
Street address
No. 27, Alley 3, Seyed Al-Shohada Boulevard
City
Bam
Province
Kerman
Postal code
7661777997
Phone
+98 34 4431 1921
Email
faezabahadornia@gmail.com

Person responsible for updating data

Contact

Name of organization / entity
Bam University of Medical Sciences
Full name of responsible person
Faeze Bahadornia
Position
Medical student
Latest degree
A Level or less
Other areas of specialty/work
Medical Education
Street address
No 27, Alley 3 , Saiyid ush shohada Blvd
City
Bam
Province
Kerman
Postal code
76661777997
Phone

+98 34 4431 1925

Fax

Email

faezabahadornia@gmail.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

Yes - There is 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

No - There is not a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available

Title and more details about the data/document

Only part of the information related to the examination of the main outcome is shared.

When the data will become available and for how long

Access starts one month after the results are published

To whom data/document is available

Researchers working in academic and scientific institutions and people working in industry.

Under which criteria data/document could be used

They are allowed to perform statistical analysis

From where data/document is obtainable

Pasteur Hospital of Bam

What processes are involved for a request to access data/document

Refer to Pasteur Hospital in Bam

Comments