# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

17 Sep 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**
faezebahadornia@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**