

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jul 2026

Effect of narrow band UVB in combination with oral Acyclovir versus oral Acyclovir alone in prevention of Post Herpetic Neuralgia in patients with Herpes Zoster

Protocol summary

Study aim

To compare efficacy of narrow band UVB in combination with oral acyclovir versus oral acyclovir alone in prevention of post herpetic neuralgia in patients with herpes zoster

Design

community based, parallel group, randomized controlled trial

Settings and conduct

Dermatology Department Pak Emirates Military Hospital Rawalpindi

Participants/Inclusion and exclusion criteria

Inclusion Criteria: ● Both genders ● Patients having herpes zoster as per operational definition, reporting within 07 days of eruption of vesicles Exclusion Criteria: ● Patients reporting after 07 days of onset of rash ● Patients having history of photosensitivity ● Patients who are unable to stand due to any musculoskeletal abnormalities ● Patients who are claustrophobic ● Patients in which genitalia is involved (L1 dermatome), as genitalia is usually shielded during nbUVB irradiation ● Patients in which scalp is involved (C2 dermatome), as because of hair scalp will not be properly irradiated

Intervention groups

After taking approval from Ethical Review Committee of the hospital, 100 patients with informed consent, fulfilling the inclusion criteria from Department of Dermatology were included in the study. Randomization was conducted through sequentially numbered opaque envelopes generated from a random numbers table into two groups of 50 patients each. Each patient was assigned a number at enrollment which defined a study assignment (Oral Acyclovir alone vs Oral Acyclovir plus nbUVB). 50 sample size was for Oral Acyclovir Alone group, (Control Group / Non-UV Group) while 50 sample size was for Oral Acyclovir plus nbUVB group, (Study Group / UV Group) as well. Both groups were given

analgesic Paracetamol for pain relief with addition of Gabapentin if required (depending upon severity of pain).

Main outcome variables

pain relief using VRS at the end of treatment sessions and after 03 months follow-up period

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20221215056829N1**

Registration date: **2022-12-20, 1401/09/29**

Registration timing: **retrospective**

Last update: **2022-12-20, 1401/09/29**

Update count: **0**

Registration date

2022-12-20, 1401/09/29

Registrant information

Name

Abrar Ahmad Khalid

Name of organization / entity

Pak Emirates Military Hospital Rawalpindi

Country

Pakistan

Phone

+92 333 8511241

Email address

abrar2437@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-11-11, 1399/08/21

Expected recruitment end date

2021-05-10, 1400/02/20

Actual recruitment start date

2020-11-11, 1399/08/21

Actual recruitment end date

2021-05-10, 1400/02/20

Trial completion date

2021-05-10, 1400/02/20

Scientific title

Effect of narrow band UVB in combination with oral Acyclovir versus oral Acyclovir alone in prevention of Post Herpetic Neuralgia in patients with Herpes Zoster

Public title

narrow band UVB for post herpetic neuralgia (PHN)

Purpose

Prevention

Inclusion/Exclusion criteria**Inclusion criteria:**

Both genders Patients having herpes zoster as per operational definition, reporting within 07 days of eruption of vesicles

Exclusion criteria:

Patients reporting after 07 days of onset of rash Patients having history of photosensitivity Patients who are unable to stand due to any musculoskeletal abnormalities Patients who are claustrophobic Patients in which genitalia is involved (L1 dermatome), as genitalia is usually shielded during nbUVB irradiation Patients in which scalp is involved (C2 dermatome), as because of hair scalp will not be properly irradiated

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **100**

Actual sample size reached: **100**

Randomization (investigator's opinion)

Randomized

Randomization description

Randomization was conducted through sequentially numbered opaque envelopes generated from a random numbers table into two groups of 50 patients each. Each patient was assigned a number at enrollment which defined a study assignment (Oral Acyclovir alone vs Oral Acyclovir plus nbUVB)

Blinding (investigator's opinion)

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethical Review Committee and Research Department
Pak Emirates Military Hospital

Street address

Abid Majeed Road

City

Rawalpindi

Postal code

46000

Approval date

2020-09-02, 1399/06/12

Ethics committee reference number

A/28/EC/205/2020

Health conditions studied**1****Description of health condition studied**

Patients suffering from Herpes Zoster and presenting within 7 days of onset of rash

ICD-10 code

B02

ICD-10 code description

Zoster [herpes zoster]

Primary outcomes**1****Description**

Post herpetic neuralgia

Timepoint

At completion of treatment and after 3 months

Method of measurement

Verbal Rating Score

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: 50 patients received oral Acyclovir 800mg five times daily for 07 days along with analgesic Paracetamol ± Gabapentin, plus nbUVB delivered only to the affected dermatome while the rest of body was covered with clothing. The starting dose of nbUVB was 0.21 J/cm² and it was increased by increment of 10% on every session as long as no adverse effects including

persistent erythema, burning or itching were reported by the patient. The sessions were repeated 03 times per week to a maximum of 15 sessions or less if the pain settles completely.

Category

Treatment - Devices

2**Description**

Control group: 50 patients received oral Acyclovir 800mg five times daily for 07 days along with analgesic Paracetamol ± Gabapentin. nbUVB was not administered to this group.

Category

Treatment - Drugs

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

Dermatology Department Pak Emirates Military Hospital

Full name of responsible person

Abrar Ahmad Khalid

Street address

Abid Majeed Road

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Email

abrar2437@gmail.com

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

Pak Emirates Military Hospital

Full name of responsible person

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

Yes

Title of funding source

Pak Emirates Military Hospital

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**

Pak Emirates Military Hospital

Full name of responsible person

Abrar Ahmad Khalid

Position

Consultant

Latest degree

Specialist

Other areas of specialty/work

Dermatology

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

Pak Emirates Military Hospital

Full name of responsible person

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Position

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Latest degree

Specialist

Other areas of specialty/work

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Person responsible for updating data**Contact****Name of organization / entity**

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Latest degree

Specialist

Other areas of specialty/work

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

Effect of narrow band UVB in prevention of post herpetic neuralgia

When the data will become available and for how long

starting 1 month after publication

To whom data/document is available

people working in academic institutions

Under which criteria data/document could be used

data will be allowed to use after taking permission from the author

From where data/document is obtainable

data will be obtainable from author Abrar Ahmad Khalid, abrar2437@gmail.com

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

A request to be sent via given email address

Comments