

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 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 Striae 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 for 30 sessions. Length, width and quality of striae 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)

##### Phone

+98 23 1335 4180

##### Email address

aminianfar@razi.tums.ac.ir

##### 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 than 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/cm<sup>2</sup>, 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/cm<sup>2</sup>, 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

Ph.D of Physiotherapy/ Assistant Professor

#### Other areas of specialty/work

#### Street address

Kilometer 5 Damghan road, Semnan University of Medical Sciences

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1439957181

#### Phone

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#### Fax

#### Email

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#### Web page address

## Person responsible for scientific inquiries

### Contact

#### Name of organization / entity

Semnan University of Medical Sciences

#### Full name of responsible person

Dr. Atefeh Aminian Far

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Ph.D of Physiotherapy/ Assistant Professor

**Other areas of specialty/work**

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**Contact**

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**Web page address**

**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*