Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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
Abrar Ahmad Khalid

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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

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Person responsible for updating data

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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