

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 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/cm<sup>2</sup> 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

**City**

Rawalpindi

**Postal code**

46000

**Phone**

+92 333 8511241

**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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Abid Majeed Road

**City**

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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

**Street address**

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**Province**

Punjab

**Postal code**

46000

**Phone**

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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**

Consultant

**Latest degree**

Specialist

**Other areas of specialty/work**

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

Pak Emirates Military Hospital

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**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**