Efficacy and Safety of Weekend Topical Mild Corticosteroid Therapy for Maintenance of Seborrheic Dermatitis: A Randomized Controlled Trial

ACTRN12625001406493

Status	RECRUITING
Phase	Phase 4
Sponsor	Dr Imdad ullah khan, dermatology ward, khyber teaching hospital, peshawar
Enrollment	61 participants

Plain Language Summary

Seborrheic dermatitis is a common skin condition that causes red, flaky, and sometimes itchy patches on the face and scalp. While treatments can bring it under control, flare-ups are common, and long-term use of steroid creams carries risks. This study is testing a smarter maintenance strategy: using a mild steroid lotion only on weekends, alongside a regular antifungal shampoo, to keep symptoms from returning.

After a two-week treatment phase to bring symptoms under control, participants will be randomly assigned to either the weekend steroid plus shampoo approach or shampoo alone. The study will track how long it takes for symptoms to come back, how participants feel about their quality of life, and whether there are any side effects from the treatment.

You may be eligible if you are aged 18 to 65, have been diagnosed with moderate to severe seborrheic dermatitis affecting your face or scalp, and have successfully completed the initial two-week treatment to achieve remission. This practical approach could offer people with this frustrating skin condition a simple, lower-risk way to stay symptom-free for longer.

Key Eligibility Criteria

Inclusion (5)

- Adults aged 18 to 65 years
- Clinical diagnosis of moderate to severe seborrheic dermatitis involving the face and/or scalp
- Achieved remission after a 2-week standardized induction with daily topical corticosteroid therapy.
- Willing to avoid use of other topical or systemic treatments for seborrheic dermatitis during the study period
- Provided written informed consent

Exclusion (5)

- Presence of other inflammatory dermatoses or infections in the target area
- Use of systemic corticosteroids or immunosuppressants within the past month
- Known hypersensitivity or allergy to the study drug or its excipients
- Pregnant or lactating women
- Immunocompromised status (e.g. HIV infection)

Locations (1 total)

KPK, Pakistan