

Photobiomodulation With REd vs BluE Light (REBEL)

NCT06371300

Status	RECRUITING
Phase	Not Applicable
Sponsor	Aston University
Enrollment	36 participants

Key Eligibility Criteria

Inclusion (6)

- Individuals with dry eye disease symptoms (Ocular Surface Disease Index questionnaire (OSDI) score ≥ 13 or Dry Eye Questionnaire (DEQ5) score > 6) and signs (tear film instability measured with non-invasive tear break-up time < 10 s or ocular surface damage measured using special dyes placed on the front surface of the eyes that temporarily stains any aggravated or damaged cells: > 5 corneal spots, > 9 conjunctival spots or lid margin staining ≥ 2 mm in length and $\geq 25\%$ in width)
- Individuals need to also have Meibomian gland dysfunction. The diagnosis of Meibomian gland dysfunction depends on how many of 5 glands in the central lower eyelid can express oil, and the quality of the oil. A diagnosis is made if there is decreased expressibility (grade 1-3 on the Pflugfelder scale) and reduced quality of oil (grade 1-3 on Bron scale). Any presence of gland blockage and/or loss of oil glands grade 1 to grade 4 of either eyelid [Pult and Reide-Pult, 2013\]) will also justify a diagnosis of Meibomian gland dysfunction.
- Individuals will also need to have ocular demodicosis, diagnosed by clinical observation on slit lamp biomicroscope based on signs including collarettes around the base of lashes, visible Demodex tails, or excessive pouting of lash follicles in those with good lid hygiene where Demodex was confirmed by secondary means such as visible Demodex tails.
- Age ≥ 18 years, male or female
- Able to provide written consent in English
- ... and 1 more (see full listing online)

Exclusion (4)

- Pregnancy
- Ocular light-based therapies including intense pulsed light (IPL) or LLLT treatment within the past 1 month or during study period in addition to those provided in the study
- Contact lens wear in the past 2 weeks or during study period
- Other active ocular surface diseases or history of ocular surgery or corneal infections the past 6 months

Locations (2 total)

University of Auckland, Auckland, New Zealand
Aston Dry Eye Clinic, Birmingham, West Midlands, United Kingdom

<https://clinicaltrials.gov/study/NCT06371300>

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