

# A pilot study to understand the influence of different head washing methods for anti-dandruff

<b>Submission date</b> 24/02/2021	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 03/03/2021	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 19/05/2023	<b>Condition category</b> Skin and Connective Tissue Diseases	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

Dandruff is a common scalp condition that can be improved by regular use of shampoos containing anti-fungal actives. The efficacy of anti-dandruff shampoos can be assessed by measuring scalp flaking, one of the important dandruff symptoms.

The aim of the study was to test different head washing techniques for the effect on dandruff reduction.

### Who can participate?

Adults aged 18 - 60 years, with dandruff.

### What does the study involve?

Participants were divided into 2 groups using an on-site controlled washing method or salon-staff washing method. Both groups employed hair washing at a frequency of three-times a week, and dandruff measurement occurred once a week from the baseline assessment.

### What are the possible benefits and risks of participating?

None

### Where is the study run from?

Dahua Garden Hair Salon (China)

### When is the study starting and how long is it expected to run for?

March 2016 to January 2017

### Who is funding the study?

Unilever (UK/China)

### Who is the main contact?

Yuanpei Li, yuanpeili.research@gmail.com

# Contact information

## Type(s)

Public

## Contact name

Dr Yuanpei Li

## Contact details

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# Additional identifiers

## Protocol serial number

HAI-DDF-2517

# Study information

## Scientific Title

Comparison of whole-head and split-head design for the clinical evaluation of anti-dandruff shampoo efficacy

## Study objectives

There is a response difference in anti-dandruff efficacy between the on-site controlling method and the salon-staff wash method

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

Approved 03/03/2016, Shanghai Nutrition Society (A18, No 380, Fenglin Rd., Shanghai, 200231, China; +86-33676001; yyxh@shhyy.com), ref: 2016-33-01

## Study design

Single-center double-blind interventional randomized controlled trial

## Primary study design

Interventional

## Study type(s)

Other

## Health condition(s) or problem(s) studied

Decrease dandruff and improve scalp health

### **Interventions**

This is a single-center, double-blind, randomized, mix genders study. Subjects will remain in the study for about 7 weeks, including a 2-week run-in phase, 1-week balancing, and a 4-week test phase. There will be 2 cells included in this study: one is to follow the whole-head wash procedure with the on-site controlling method, the other is to follow the half-head wash procedure with the routine salon-staff wash method.

All qualifying dandruff subjects will be randomly allocated (by sealed envelope) into either of the two wash regime cells:

Cell 1: Whole-head, on-site controlling wash, subjects will be randomly allocated to use either test shampoo by themselves at the study site with specific instructions under supervision.

Cell 2: Half-head, salon-staff wash, both two test shampoo will be used on either side of their head randomly by salon staff.

During the test phase, there will be 12 product application visits (three per week) and 5 dandruff assessments including baseline, week 1 to week 4 (once per week).

### **Intervention Type**

Supplement

### **Primary outcome(s)**

Scalp visual assessment by a trained assessor at baseline, and once per week from week 1- week 4.

### **Key secondary outcome(s)**

Adverse events will be measured and recorded throughout the study (4 weeks)

### **Completion date**

19/01/2017

## **Eligibility**

### **Key inclusion criteria**

1. External subjects (not employees from Unilever or S.P.R.I.M. or Recruiting agency)
2. Aged between 18 and 60 years (inclusive)
3. Dandruff scalp condition (both sides half head total weighted head score AF equivalent  $\geq 32$  with grade C, difference between two sides  $< 12$ ) at screen v1 and rescreen v2
4. Subject's scalp is free from cuts and abrasions
5. Understand the test procedure and agree to adhere to study requirements
6. Hair wash frequency  $\geq$  twice per week

### **Participant type(s)**

Healthy volunteer

### **Healthy volunteers allowed**

No

### **Age group**

Adult

**Lower age limit**

18 years

**Sex**

All

**Total final enrolment**

120

**Key exclusion criteria**

1. Currently pregnant, trying to be pregnant or breastfeeding (female only)
2. Have a history of serious illness that may require regular systemic medication (e.g. cancer, thyroid dysfunction, liver dysfunction) which may influence the study outcome (at the discretion of the Study Doctor). Subjects with stable thyroid conditions (medication / dosage has not changed within 12 months of the start of the study) may be included at the discretion of the Study Doctor
3. Current or frequent systemic treatment by a doctor for any active skin condition, on any body site
4. Sufferers of eczema of any area of the head or neck (during adult life)
5. Seborrhoeic dermatitis on the head or neck or severe dandruff, currently or within last 6 months
6. Diagnosed with psoriasis and have active lesions within last 2 years
7. Use of systemic anti-inflammatory medication on a frequent basis (at the discretion of the Study Doctor) Use of topical steroids on the scalp currently or within last 6 months
8. Recent or current regular use of systemic or inhaled steroids
9. Regular use of any other medication / topical products which might affect the outcome of the study (at the discretion of the Study Doctor)
10. Hair dyed/permed or chemically treated within 2 weeks of the run-in period
11. Have head lice or ringworm at any point in the study • Have any known allergies or sensitivities to ingredients in study products
12. Hair loss greater than Hamilton grade 3 for male or Ludwig grade 1 for female
13. Use of ketoconazole-based shampoo (e.g. Nizoral, Neutrogena Long-lasting) within last 6 months or Selenium sulfide-based shampoo (e.g. Selsun, L'Oreal Intensive Anti-Dandruff, Head and Shoulders intensive) within the last 3 months
14. Use of anti-dandruff shampoo or other anti-dandruff hair/scalp care products within the last 2 months
15. Concurrent participation in another scalp clinical study
16. Use of any medicine which in the opinion of the Study Doctor may affect the outcome of the study

**Date of first enrolment**

28/10/2016

**Date of final enrolment**

30/12/2016

**Locations**

**Countries of recruitment**

China

**Study participating centre**

**Dahua Garden Hair Salon**

No.151 Jiandong Road

Beilin District

Xi'an City

China

710000

## Sponsor information

**Organisation**

Unilever (China)

**ROR**

<https://ror.org/01b0cs606>

## Funder(s)

**Funder type**

Industry

**Funder Name**

Unilever

**Alternative Name(s)**

Unilever Global, Unilever PLC, U

**Funding Body Type**

Government organisation

**Funding Body Subtype**

For-profit companies (industry)

**Location**

United Kingdom

## Results and Publications

## Individual participant data (IPD) sharing plan

All data generated or analysed during this study will be included in the subsequent results publication.

## IPD sharing plan summary

Other

## Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>		31/05/2021	19/05/2023	Yes	No