Institut für Sozialmedizin, Epidemiologie und Gesundheitsökonomie

# Osteopathy and Acupuncture for Atopic Dermatitis – Three-arm Randomized Controlled Explorative Study (CAMATOP)

**Summary**:
The primary study objective is to assess the effectiveness of osteopathic and acupuncture therapies for adult patients suffering from atopic dermatitis (AD) in comparison to a group without any specific study interventions (control group) in regard to its measurability with disease specific and general parameters.
The secondary study objective is to prepare larger randomized controlled trials to assess the effectiveness of osteopathic and acupuncture therapies on atopic dermatitis, in particular to collect data to enable estimation of the sample size.
Design: Three-arm randomized controlled mono-centric explorative intervention study
Participants: 120 participants (18-65 years old) suffering from AD
Intervention: The participants of the intervention group 1 (n=40) are given five osteopathic treatment sessions with an average duration of 45 minutes every second week. The participants of the intervention group 2 (n=40) are given eight acupuncture treatments with an average duration of 30 minutes every week. The participants of the control group (group 3, n=40) are not given any specific treatment over the course of the first 12 weeks of the trial. After 12 weeks the participants of the control group are also given osteopathic or acupuncture treatment if requested, for free. Additionally all participants of all groups are allowed to use topic steroids of classes I-III and moisturizing crèmes as applied at baseline. Other AD medications are must not applied by the participants, especially immune-modulators and calcineurin inhibitors are not allowed.
Outcome parameters: Outcome parameters after 6, 12 and 26 weeks are the subjectively experienced itching, which will be assessed using a visual analogue scale (VAS, 0-100mm), the number of applications of topic steroids within the preceding seven days, the health-related quality of life (12-Item Short Form Health Survey, SF-12), the disease-related specific quality of life (Dermatology Life Quality Index, DLQI), the number of days the patient was unable to work, the total cost, the cost effectiveness and the therapeutic safety of the osteopathic and acupuncture interventions. Outcome parameters after 12 and 26 weeks are the severity of AD based on the Scoring Atopic Dermatitis (SCORAD) Index and based on the Eczema Area and Severity Index (EASI)

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