

Study Summary for Pharmacies

Study Title	Acne Care Online RCT
CPMS Number	57037
Date agreed	23/09/2024

This document outlines a brief summary of the above study, with a link to an Expression of Interest form for practices to register potential interest. From time to time study summaries are amended. In these circumstances an updated study summary will be shared with practices.

	Study Information	Full title Acne Care Online: feasibility and full-scale RCT with internal pilot of online intervention to support acne self-management
		Sponsor University of Southampton
		Location Pharmacies
		No of pharmacies 10 pharmacies in CRN East of England
		Study type Interventional, randomised
	Study Summary	<p>Background: Acne is very common and can cause many side effects. Treatment of acne is a major cause of antibiotic use amongst young people. Evidence suggests that topical treatments (creams or gels applied directly to the skin) should be the main treatments for acne. Effective topical treatments are available from pharmacies without prescription, but many people are unaware and buy cosmetic products that don't help.</p> <p>Study design: We've developed a new website to help young people manage acne more effectively, including information on obtaining effective treatments, promoting regular treatment use, and avoiding side effects. We will test the website in a trial to see whether it improves outcomes and reduces long-term oral antibiotic use.</p> <p>What's involved? People with acne (13-25 years) will be invited to take part from GP practices, pharmacies, community and social media advertising, and schools and partner organisations. Participants will be asked to register online, complete online consent and questionnaires before being allocated by chance to either the new study website, or the control group. All participants will be able to access their usual health care</p>

		<p>during the study. Participants will be asked to complete questionnaires about their acne, quality of life and use of acne treatments at 12, 24, 36 and 52 weeks. The control group will be signposted to standard NHS acne advice and offered access to the new website after 52 weeks follow-up.</p> <p>Potential benefits We'll explore how the website works by talking to those that have used it, consider the costs to the NHS and estimate value for money. We'll publish this work in peer-reviewed journals, conferences and via patient organisations. If effective, we aim to make the website freely available and signpost and endorse its use amongst young people.</p>
	<p>Pharmacy Activities</p>	<p>Pharmacies will help promote the study via leaflets and posters, which will include a QR code for potential participants to scan.</p> <p>Leaflets should be offered to;</p> <ul style="list-style-type: none"> ● Customers asking about acne – either for themselves (if 16-25) or their teenager (if a parent/carer) ● Customers asking to purchase medications for acne, including: <ul style="list-style-type: none"> ○ Acnecide (benzoyl peroxide) ○ Freederm, Nicam or Papulex (nicotinamide/niacinamide) ● Customers collecting any prescribed medications for acne <p>As well as handing leaflets directly to customers, pharmacies could place the leaflet inside or staple the leaflet to the prescription bag.</p> <p>Leaflets will include study team contact details (phone and email) for any further information the customer might need.</p> <p>NOTE: customers using Roaccutane (oral isotretinoin) SHOULD NOT be offered a flyer as they are not eligible to take part in the study</p>
	<p>Participant Activities</p>	<p>After reading the flyer, if a young person (and their parents if they are under 16 years) decides they would like to take part they can access the website, via the link on the information sheet, for more information about how to sign up.</p> <p>Upon signing up they will be put randomly (by chance) to either try the new website straight away or to try the new website after 12 months. All teenagers can still continue to access usual care during the length of the study.</p> <p>Young people who use the website will be able to find new ways of managing their acne, with videos and top tips from other young people. They'll be able to get advice on treatments, seeking medical help and coping with acne.</p> <p>There is also the chance for participants to win a £50 voucher.</p> <p>Participants who agree to being recontacted will have the option of a 30–60-minute interview with the research team about their experiences of using Acne Care Online. They would receive a £15 voucher for their time.</p>

	Participant Inclusion Criteria	<ul style="list-style-type: none"> • Aged 13-25 years with self-defined acne with current active lesions (i.e. mild or worse on self-assessment scale). • Can understand and communicate in English. • Have internet access. 		
	Participant Exclusion Criteria	<ul style="list-style-type: none"> • Exclusion criteria will be checked by Study Team processes when a participant signs up to the website, but there are two exclusion criteria for pharmacy teams to be aware of when distributing leaflets <ul style="list-style-type: none"> ○ They are unable to read and write English as the intervention content and outcome measures are in English. ○ They are currently taking oral isotretinoin or have taken it within the previous 3 months, as advice about topical acne treatments may be inappropriate in this case. 		
	Targets & Timelines	<p>There are no specific targets for the number of referrals from each pharmacy.</p> <p>The study is due to close to recruitment in September 2025.</p>		
	Payments	Type of payment	Details	Amount
		Research Costs:	Payment per site for promoting the study per pharmacy. Payment inclusive of VAT (to be paid by the Study Team)	£150.00
		Site Infrastructure Payment:	Additional payment to be paid at the end of study (to be paid by the RDN/CRN)	£100.00
		How to claim payments: Research Costs: The Study Team will email through an invoice template to each pharmacy. The pharmacy will need to complete their bank details etc. and email the invoice back to the Study Team on pharmacy headed paper. Site Infrastructure Payment: This will be paid automatically at the end of the study by the CRN / RDN. To receive this payment, sites will need to have a category C contract in place. If you need further information regarding a category C contract, please email: crneoe.studysupport@nihr.ac.uk		

	Expression of Interest	To express interest in participating in this trial please complete the expression of interest form available here: LINK TO EOI FORM	
		<i>*Please note completing this form does not confirm your involvement in the study, only your potential interest. If you are selected as a site you will hear from your locality team who will ask you to confirm your interest. Not all practices that express interest here will be selected to participate*</i>	
		Study team contact details	Julie Hooper, Trial Manager acnecare@soton.ac.uk
	SOPs & WIs	The Research in Primary Care Website has further information including Standard Operating Procedures (SOPs) and Working Instructions (WIs) please see For SOPs and WIs please click HERE	