BB-UVA vs. NB-UVB in the treatment of vitiligo: a randomized controlled clinical study (single blinded)

SUMMARY
Background
Vitiligo is an acquired pigmentary disorder that affects between 1% and 2% of the general population. Phototherapy remains the cornerstone of treatment, with NB-UVB being the most frequently used. BB-UVA can be a plausible alternative for darker population; skin photo type III and IV.

Patients and Methods
The study was a prospective, randomized, controlled, and single-blinded clinical trial, conducted on 40 patients with bilateral symmetrical vitiligo. The patients were randomly divided into two equal groups; group (A) received a fixed dose of 15 J/cm² BB-UVA, while group (B) received NB-UVB. The study was conducted for a period of 16 weeks (48 sessions).

Results
The final percentage of clinical improvement was significantly higher ($P = 0.047$) within the BB-UVA group (63.82% ± 27.42), than within the NB-UVB group (44.32% ± 29.78).

Conclusion
BB-UVA can be considered as an alternative treatment line for vitiligo.