



Abstract N°: ID-691

Topic: Atopic dermatitis/ Eczema

A randomized assessor-blinded triple arm pilot study to compare the efficacy of mometasone furoate 0.1% ointment versus crisaborole 2% ointment versus tofacitinib 2% ointment twice daily in patients with mild to moderate atopic dermatitis.

Shreya Kempegowda*¹, Neetu Bhari¹

¹Aiims Metro Station, New Delhi, India

Introduction

Atopic dermatitis (AD) is a chronic relapsing inflammatory dermatosis with significant therapeutic challenges. While topical corticosteroids remain first-line therapy, emerging nonsteroidal agents like crisaborole (PDE4 inhibitor) and tofacitinib (JAK inhibitor) offer steroid-sparing alternatives.

Materials and Methods

Objective:

To compare the efficacy and safety of mometasone furoate 0.1% ointment, crisaborole 2% ointment, and tofacitinib 2% ointment in mild-to-moderate AD.

Methods:

A randomized, assessor-blinded, triple-arm pilot study was conducted on 45 patients (15 per group) over 12 weeks. Patients received one of the three topical treatments twice daily along with emollients and oral antihistamines. Primary outcome was percentage reduction in Eczema Area and Severity Index (EASI) at 12 weeks; secondary outcomes included changes in pruritus (NRS), body surface area (BSA) involvement, satisfaction, and adverse events.

Results

EASI reduction at the end of 3 months was 84%, 55%, and 92% in mometasone, crisaborole, and tofacitinib group, respectively but the difference was not statistically significant ($p > 0.05$). Within-group statistically significant improvement was noted in all the groups; with $p < 0.01$ for mometasone and tofacitinib and $p < 0.05$ for crisaborole. Pruritus improvement and patient satisfaction were greatest with tofacitinib and mometasone. Adverse events were mild and transient, including hypopigmentation and application-site burning.

Conclusions

Topical tofacitinib 2% and mometasone 0.1% are highly effective and well-tolerated for mild-to-moderate AD, whereas crisaborole shows moderate benefit. Tofacitinib and crisaborole offers a promising steroid-sparing therapeutic alternative.

