



Cochrane
Skin

TREATMENTS FOR ALOPECIA AREATA



Baricitinib results in an *increase in short-term hair regrowth $\geq 75\%$* when compared to placebo (high-certainty evidence). The **impact of other treatments on hair regrowth is very uncertain**: there may be little to no difference between subcutaneous dupilumab and placebo in short-term hair regrowth $\geq 75\%$ as well as between topical ruxolitinib and placebo. The evidence is very uncertain about the effect of oral prednisolone or cyclosporine versus placebo, intralesional betamethasone or triamcinolone versus placebo, oral ruxolitinib versus oral tofacitinib on short-term hair regrowth $\geq 75\%$. **Evidence for health-related quality of life is scant.**



The reported small incidence of serious adverse events in the baricitinib arm should be balanced with the expected benefits.



Cochrane review published in October 2023 with evidence up to July 2022. **63 studies** with 4817 participants assessed **47 different** topical or systemic **treatments** in alopecia areata, alopecia totalis, and alopecia universalis in children and adults. Half (33/63 studies) reported the review primary outcome (proportion of participants achieving short-term hair regrowth $\geq 75\%$ between 12 and 26 weeks). Only one study reported health-related quality of life and 5 long-term hair regrowth $\geq 75\% > 26$ weeks. The planned network meta-analysis was not performed as very few trials compared the same treatments.

