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Effectiveness and Safety of Pharmacological Treatments for Chronic Inducible Urticaria: A Systematic Review

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ADMINISTRATIVE INFORMATION**Support** - No support.**Review Stage at time of this submission** - Data analysis.**Conflicts of interest** - None declared.**INPLASY registration number:** INPLASY202670084

Amendments - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 21 July 2026 and was last updated on 21 July 2026.

INTRODUCTION

Review question / Objective The aim of this systematic review is to compare the available therapeutic interventions in terms of efficacy and safety across all subtypes of chronic inducible urticaria, in order to better inform clinical practice. To this end, the proposed systematic review will address the following question: What is the optimal therapeutic regimen (or combination of therapies) for the effective and safe control of symptoms, depending on the specific subtype of chronic inducible urticaria?

Condition being studied Chronic inducible urticaria is characterized by recurrent wheals, angioedema, or both, triggered by specific, identifiable and reproducible triggers. Subtypes include symptomatic dermographism, cold urticaria, delayed pressure urticaria, solar urticaria, heat urticaria, vibratory angioedema, cholinergic urticaria, contact urticaria, and aquagenic urticaria. Chronic inducible urticaria is a difficult-to-treat condition that profoundly impairs quality of life by

restricting work, leisure, and social activities. Although several treatments have been studied, systematic reviews covering all subtypes are limited.

METHODS

Participant or population This review will comprise patients diagnosed with chronic inducible urticaria who underwent treatment in the selected studies, with no exclusions based on ethnicity or age.

Intervention Not applicable.

Comparator Not applicable.

Study designs to be included Randomized controlled trials, retrospective and prospective cohort studies, case series (with a minimum of five patients).

Eligibility criteria This review will comprise patients diagnosed with chronic inducible urticaria.

Studies containing mixed populations (e.g., patients with other urticaria subtypes or different age groups) will be included only if separate, extractable data for the eligible chronic inducible urticaria participants are reported; otherwise, they will be excluded.

Information sources PubMed.

Main outcome(s) Efficacy of different treatment modalities in chronic inducible urticaria.

Quality assessment / Risk of bias analysis The lack of sample size calculations and small samples in some of the included studies limit the interpretation, particularly of statistically nonsignificant results. Furthermore, proper analysis of results could not be performed due to heterogeneity of the assessment endpoints across the different studies.

Strategy of data synthesis Qualitative assessment of each article.

Subgroup analysis Not applicable.

Sensitivity analysis Not applicable.

Country(ies) involved Greece.

Keywords physical urticaria; inducible urticaria; treatment.

Contributions of each author

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