November 17, 2026

Publication of Results of a Specified Clinical Trial of a Therapeutic App for Premenstrual Syndrome and Premenstrual Dysphoric Disorder

ASKA Pharmaceutical Co., Ltd. (Head Office: Minato-ku, Tokyo; President and Representative Director: Sohta Yamaguchi; hereinafter “ASKA Pharmaceutical”) and SUSMED, Inc. (Head Office: Chuo-ku, Tokyo; Representative Director: Taro Ueno; hereinafter “SUSMED”), in collaboration with Mariko Ogawa, Ph.D., Professor of the Fukushima Medical University Center for Children and Women (hereinafter “Fukushima Medical University”), have published on the Japan Registry of Clinical Trials (jRCT) the results of a specified clinical trial of a therapeutic app in patients with premenstrual syndrome (hereinafter “PMS”) or premenstrual dysphoric disorder (hereinafter “PMDD”) (hereinafter “the Trial”).

Background

In September 2023, ASKA Pharmaceutical and SUSMED entered into an agreement for the research and development and commercialization of therapeutic apps in the obstetrics and gynecology field.*1 Based on this agreement, the companies conducted a specified clinical trial using a therapeutic app in patients with PMS or PMDD.*2 Through the research and development of a therapeutic app, the companies aim to provide a new treatment option for PMS and PMDD and contribute to the advancement of healthcare.

*1 “Agreement Signed for Joint Research and Development and Commercialization of Therapeutic Apps in the Obstetrics and Gynecology Field” (Japanese version only)

ASKA Pharmaceutical: https://www.aska-pharma.co.jp/news/filedownload.php?name=2fce6c5392297fbb4da1231ca7eeee22.pdf

SUSMED: https://contents.xj-storage.jp/xcontents/AS82385/8f2fdb80/4503/4f05/8dd4/904a6df81841/140120230925557823.pdf

*2 “Initiation of a Specified Clinical Trial of a Therapeutic App for Premenstrual Syndrome and Premenstrual Dysphoric Disorder”

ASKA Pharmaceutical: https://ssl4.eir-parts.net/doc/4886/ir_material4/244336/00.pdf

SUSMED: https://susmed.co.jp/uploads/2025/01/PR20250128_PMSPMDD_ja.pdf (Japanese version only)

Overview of the Trial

The Trial is a specified clinical trial conducted in collaboration with Professor Mariko Ogawa of Fukushima Medical University and was designed to explore the efficacy and safety of a therapeutic app in patients with PMS or PMDD.

In the Trial, a therapeutic app demonstrated a statistically significant improvement over a control app*3 in the primary efficacy endpoint. The results of the Trial have been published on the following website:

Japan Registry of Clinical Trials: https://jrct.mhlw.go.jp/en-latest-detail/jRCTs022240054

The results of the Trial are also scheduled to be presented orally by Professor Mariko Ogawa of Fukushima Medical University on November 28, the first day of the 41st Annual Meeting of the Japan Society for Menopause and Women's Health (November 28–29, 2026, Karuizawa, Nagano Prefecture).
The 41st Annual Meeting of the Japan Society for Menopause and Women's Health: https://www.kwcs.jp/jmwh41/index.html (Japanese version only)

*3 Control app: An app from which the therapeutic content of a therapeutic app has been removed.

About PMS/PMDD

PMS is a condition characterized by various psychological and physical symptoms that occur three to ten days before menstruation. Cases in which psychological symptoms predominate and are severe are classified as PMDD. It has been reported that many women who experience PMS or PMDD do not take appropriate measures to manage their symptoms and that their work performance declines before menstruation.[*4] PMS and PMDD have therefore become social issues related to women's health.

*4 Yutaka Osuga. FY2020 Comprehensive Research Report, Health and Labour Sciences Research Grant (Comprehensive Research Project for Supporting Women's Health). 2020.

Reference

About ASKA Pharmaceutical Co., Ltd.

ASKA Pharmaceutical Co., Ltd. is a specialty pharmaceutical company focusing on the fields of obstetrics and gynecology, internal medicine (gastroenterology and thyroid), and urology, under its corporate philosophy of “Contribute toward the improvement of people’s health and progress in medicine through the development of innovative products.” In particular, as a leading company in the obstetrics and gynecology field, ASKA Pharmaceutical is committed to addressing women’s health issues.
Under its long-term vision “ASKA VISION 2035,” the ASKA Pharmaceutical Holdings Group aims to become a “Global Specialty Healthcare Company Originating in Japan” and is strengthening its drug discovery capabilities and expanding its business portfolio.

Company name: ASKA Pharmaceutical Co., Ltd.
Location: 2-5-1 Shibaura, Minato-ku, Tokyo
Representative: Sohta Yamaguchi, President and Representative Director
Founded: June 1920
URL: https://www.aska-pharma.co.jp/

About SUSMED, Inc.

SUSMED, Inc. is a research and development company that promotes digital medicine. The company is working on the development of several digital therapeutics for insomnia and other disorders, and is providing clinical trial system utilizing blockchain technology. In addition, the company have various patents such as medical applications of blockchain technology that leads to efficient clinical trials or mobile apps’ technologies that makes digital therapeutics development more efficient and reliable.

Company name: SUSMED, Inc.
Location: 1-9-3 Nihonbashi-Honcho, Chuo-ku, Tokyo
Representative: Taro Ueno, Representative Director
Established: February 2016
URL: https://www.susmed.co.jp/

Disclaimer

The information regarding a therapeutic app (Software as a Medical Device) contained in this press release is intended solely for the disclosure of management information by ASKA Pharmaceutical and SUSMED and is not intended for the promotion or advertising of a therapeutic app (Software as a Medical Device).

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