

Educational interventions to improve quality of life in people with chronic inflammatory skin diseases: systematic reviews of clinical effectiveness and cost-effectiveness

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Declared competing interests of authors: none

Published October 2015

DOI: 10.3310/hta19860

Plain English summary

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Health Technology Assessment 2015; Vol. 19: No. 86

DOI: 10.3310/hta19860

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A number of different skin conditions, such as eczema and psoriasis, are experienced by large numbers of people. Symptoms include itching and dry skin and, for some, quality of life (QoL) is reduced.

Educational interventions may be able to improve the QoL of people with these conditions. We reviewed available studies of educational interventions to improve QoL in people with these skin diseases. We included only studies with the most rigorous study design. Seven studies were included, with few similarities between them. Education appears to show some beneficial effect on QoL in psoriasis, although findings were mixed. QoL appeared to be improved in the carers of children with eczema in one study, but another study found no effect. There was no beneficial effect of education on QoL in a study of those with acne, or in a study that had populations with different itchy conditions.

We also considered studies investigating cost-effectiveness. There were differences in the interventions and comparators, and no studies reported QoL in a format that could be used in policy-making. It is uncertain whether educational interventions are cost-effective in improving QoL in those with chronic skin diseases.

Results suggest that there is uncertainty over whether or not these interventions are effective in improving QoL. The best approach to delivering these kinds of interventions may be face-to-face, group sessions; however, in some contexts, text messages may also be effective. Our report makes recommendations for future research.

ISSN 1366-5278 (Print)

ISSN 2046-4924 (Online)

Impact factor: 5.116

Health Technology Assessment is indexed in MEDLINE, CINAHL, EMBASE, The Cochrane Library and the ISI Science Citation Index.

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This report

The research reported in this issue of the journal was funded by the HTA programme as project number 13/11/01. The contractual start date was in January 2014. The draft report began editorial review in October 2014 and was accepted for publication in April 2015. The authors have been wholly responsible for all data collection, analysis and interpretation, and for writing up their work. The HTA editors and publisher have tried to ensure the accuracy of the authors' report and would like to thank the reviewers for their constructive comments on the draft document. However, they do not accept liability for damages or losses arising from material published in this report.

This report presents independent research funded by the National Institute for Health Research (NIHR). The views and opinions expressed by authors in this publication are those of the authors and do not necessarily reflect those of the NHS, the NIHR, NETSCC, the HTA programme or the Department of Health. If there are verbatim quotations included in this publication the views and opinions expressed by the interviewees are those of the interviewees and do not necessarily reflect those of the authors, those of the NHS, the NIHR, NETSCC, the HTA programme or the Department of Health.

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