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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Plain English summary

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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.
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This report

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