

PEARLS 753 Do educational and psychological interventions help those managing atopic eczema?

Clinical Question	How effective are adjunct educational and psychological interventions in people with atopic dermatitis?
Bottom Line	Face-to-face education, when combined with conventional topical therapy for eczema, may reduce disease severity in the short and long term. Group education likely has short and long-term benefits, while technology-mediated education may improve long-term symptom control. Educational interventions vary widely in delivery method, duration, and healthcare professional involvement. Psychological interventions, such as habit reversal and stress management, show potential benefits but are resource-intensive. More research is needed to determine the most cost-effective and beneficial approaches, especially within resource-constrained health systems.
Caveat	Both adults and children were represented in the trials. However, the participants were predominantly white. Eczema in darker skin may present with different clinical signs to eczema in white skin. As a result, it is unclear how the findings of this review inform educational or psychological interventions for those with darker skin tones.
Context	Atopic dermatitis, also known as eczema, is a chronic inflammatory skin condition characterized by symptoms like itching, dryness, and redness. It's a prevalent disorder, affecting up to 20% of children and 10% of adults in high-income countries. The condition has a complex aetiology involving genetic, environmental, and immunological factors. Eczema significantly impacts patients' quality of life, leading to sleep disturbances, psychological stress, and social stigma. Management includes emollients, topical treatments, and in severe cases, immunosuppressive therapies. Despite available treatments, the disease remains challenging due to its chronic nature and the need for multidisciplinary care.
Cochrane Systematic Review	Singleton H, Hodder A, Almilaji O, Ersser SJ, Heaslip V, O'Meara S, Boyers D, Roberts A, Scott H, Van Onselen J, Doney L, Boyle RJ, Thompson AR. Educational and psychological interventions for managing atopic dermatitis (eczema). Cochrane Database of Systematic Reviews 2024, Issue 8. Art. No.: CD014932. DOI: 10.1002/14651858.CD014932.pub2. This review contains 37 trials which included 6170 people.

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Systematic review link:

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD014932.pub2/full>