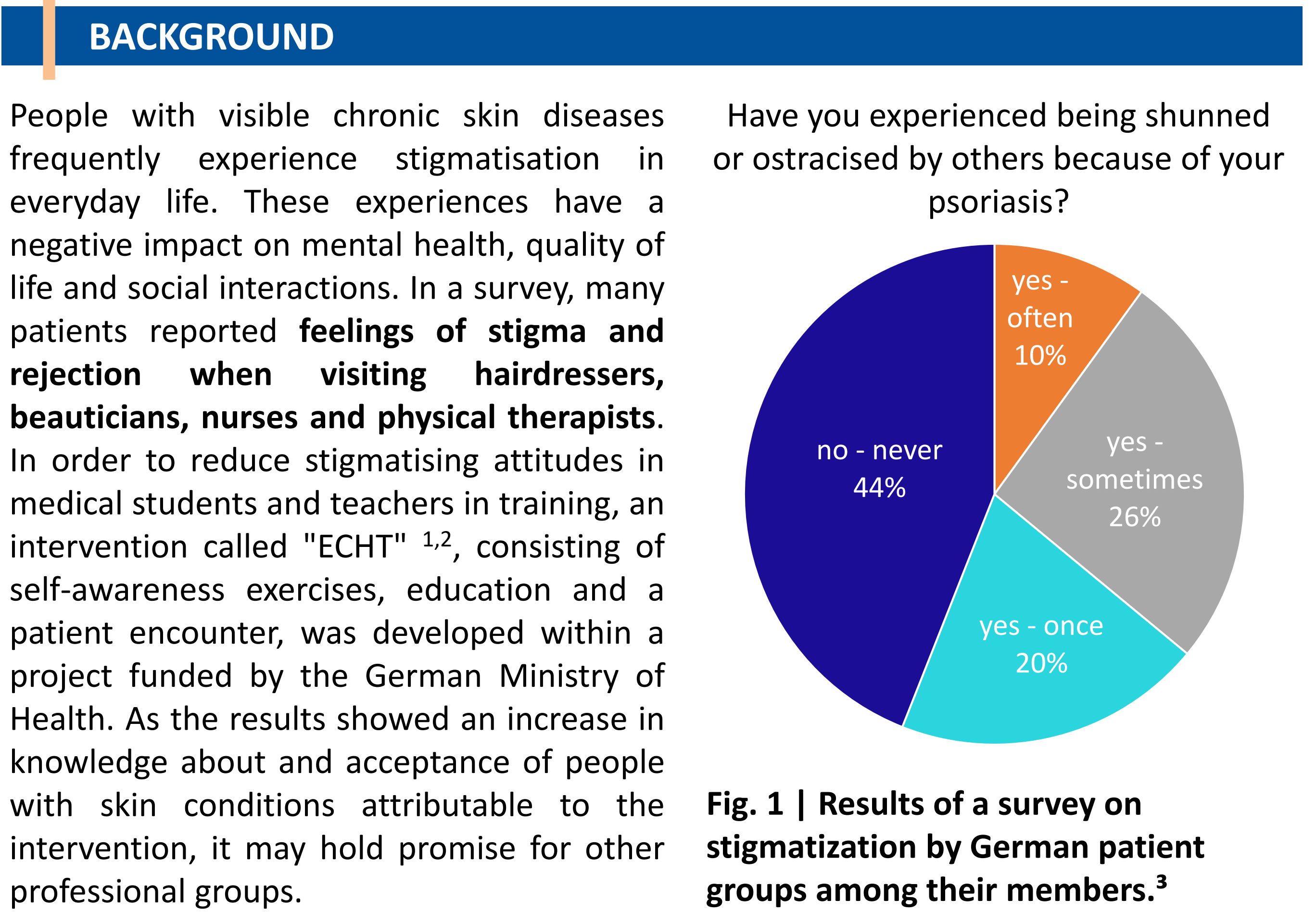


Effectiveness of a Structured Short Intervention Against Stigmatizing Attitudes Towards People with Skin Diseases in Body Care Professions

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AIMS

The aim of this randomised controlled trial was to adapt the ECHT intervention to people in body care professions and to test its feasibility and effectiveness.

METHODS

Participants

Tab. 1 Number of participants per group by profession			
	Intervention	Control	Total
Beauty (hairdressers, cosmeticians)	10	8	18
Nurses	22	19	41
Physical therapists	23	26	49
Total	55	53	108

- 88% female, age: $M = 32.12 \pm 12.88$ years

- Primary Endpoints

Self-report questionnaires (range: 1-5) on

 - Stereotype endorsement⁴
 - Disease-related misconceptions⁴
 - Desire for social distance⁴
 - Behavioral intentions (Reported and Intended Behavior Scale⁵)

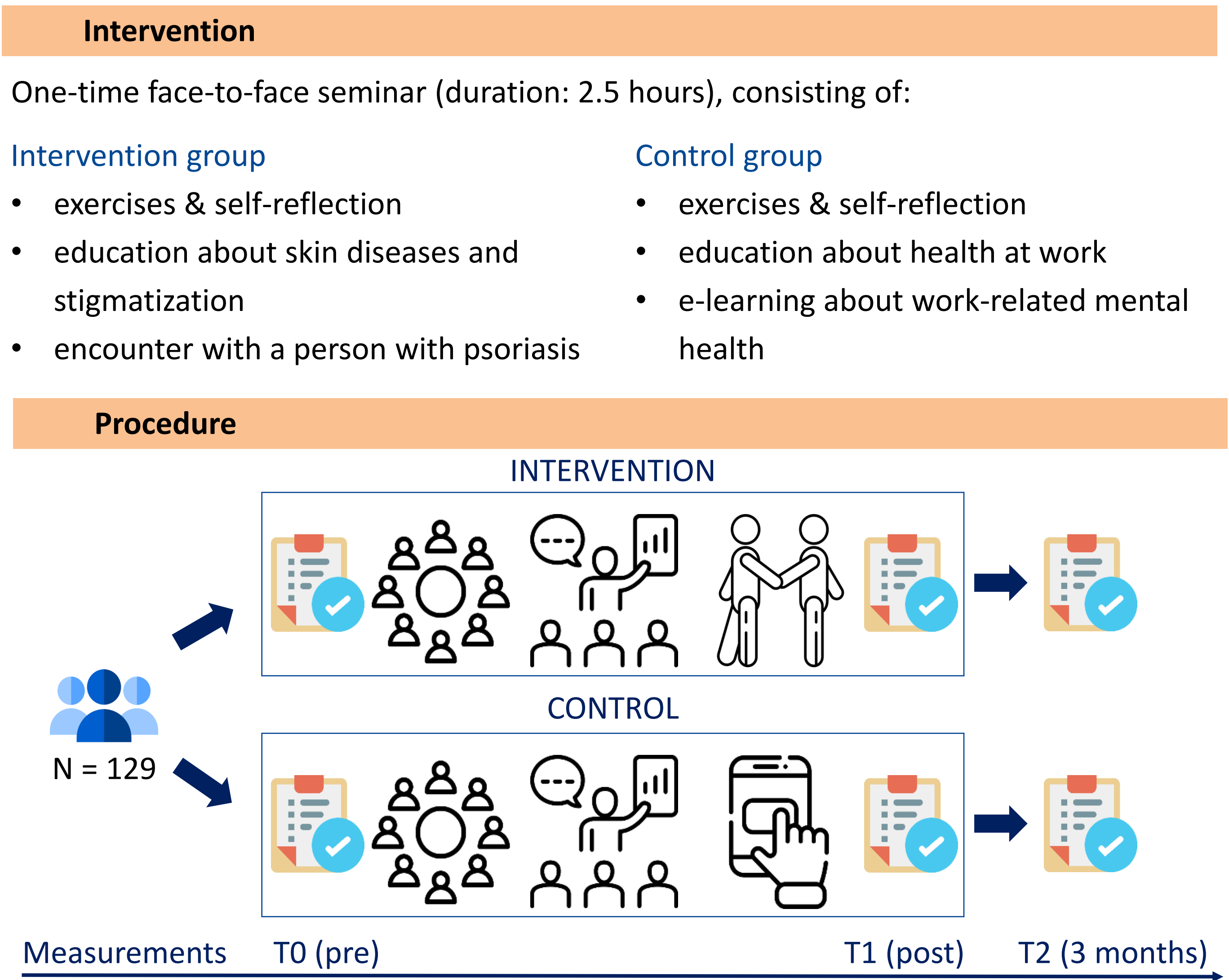


Fig. 2 | Procedure of the RCT.

RESULTS

Agreement with negative stereotypes and disease-related misconceptions decreased significantly more from T0 to T1 and T2 in the intervention group than in the control group (all p 's $\leq .002$; Fig. 3). Both groups showed a comparable decrease in the desire for social distance from people with psoriasis ($p < .001$) but no change in behavioural intentions. No systematic differences in the changes of the primary endpoints between the different occupational groups were observed.

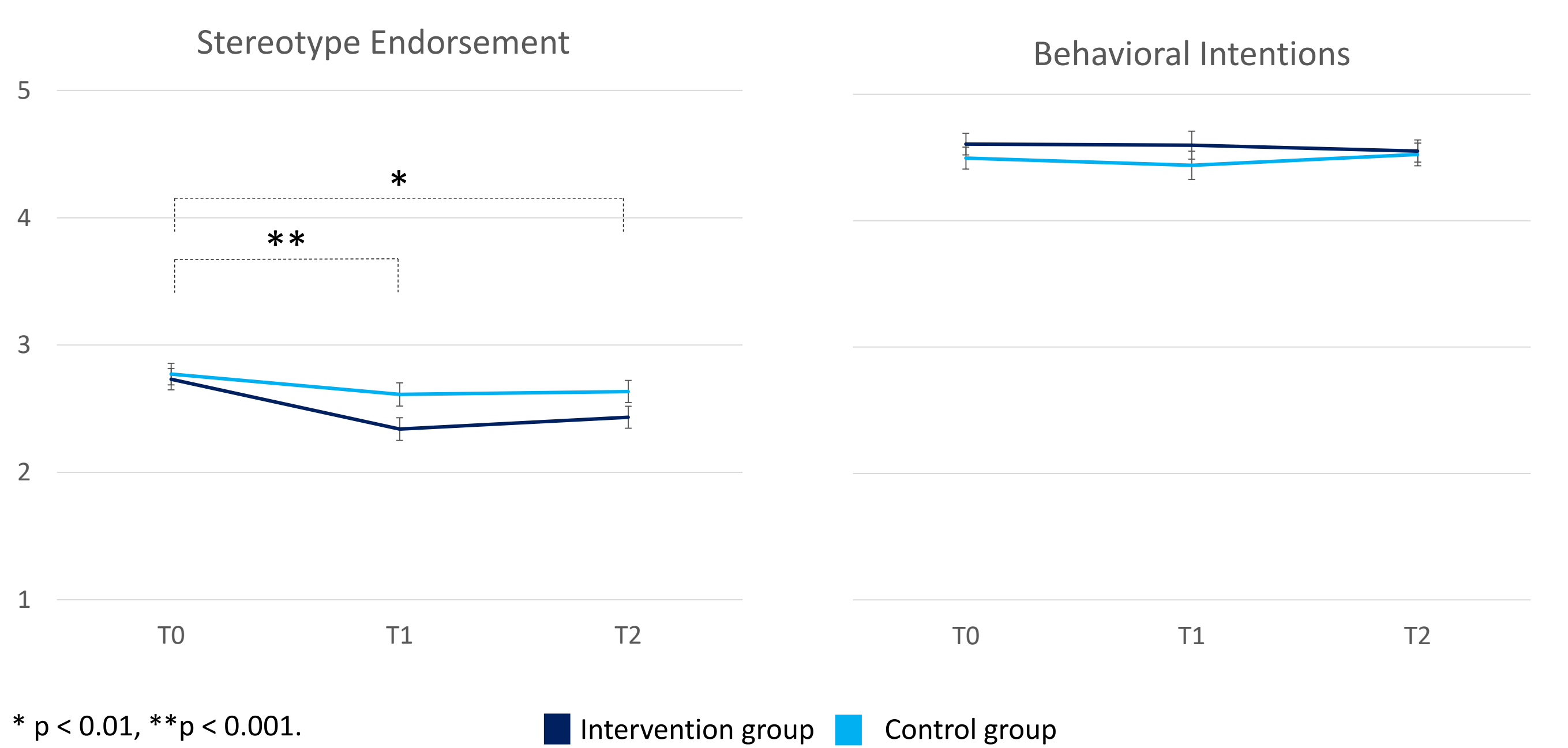
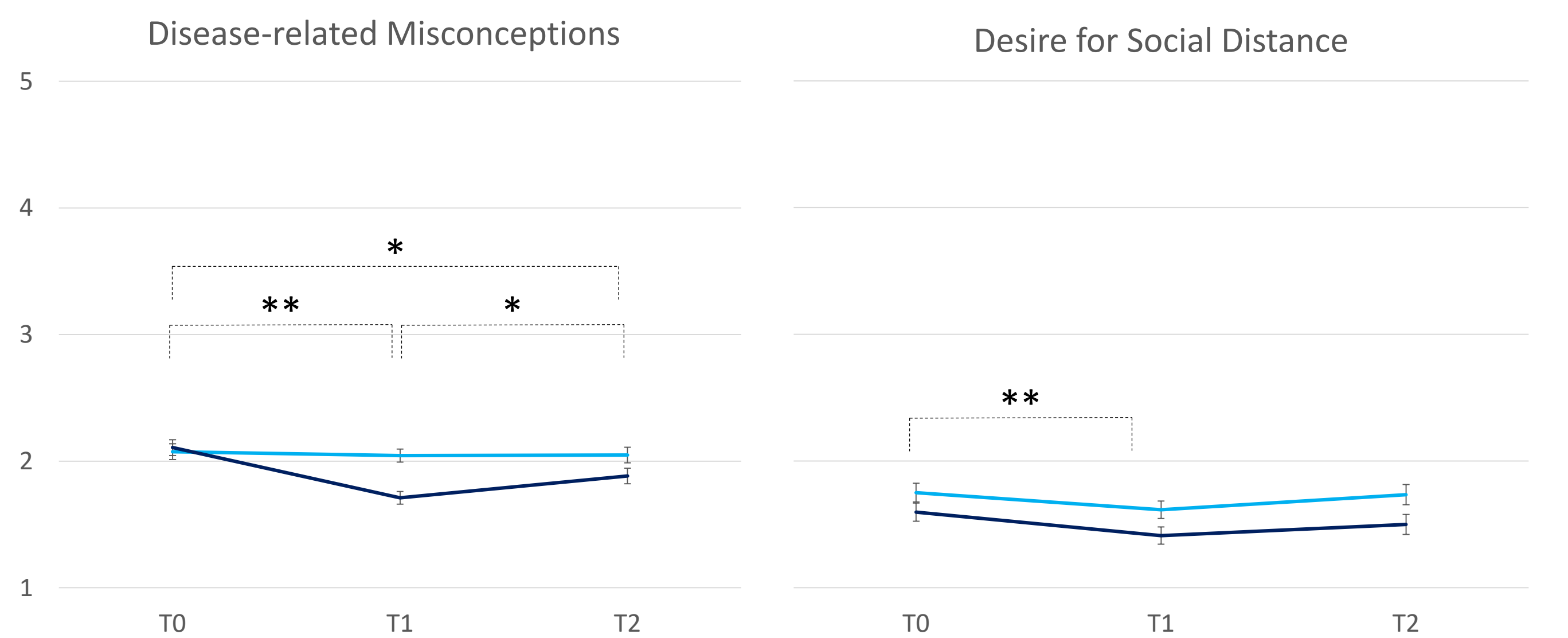


Fig. 3 | Comparison of changes in primary endpoints between intervention and control group from pre- (T0) to post-test (T1) and 3 months follow-up (T2).

Satisfaction with the seminar

Both groups indicated a high level of satisfaction with the scope of the seminar and its professional and private relevance. However, the intervention group felt better prepared for similar situations in practice and would be more likely to recommend the event to colleagues than the control group (Tab. 2).

Tab. 2 | Satisfaction with the seminar as rated on numeric rating scales

	intervention	control	p
Personal relevance	1.91	1.64	0.157
Occupational relevance	1.67	1.57	0.547
Satisfaction with seminar	1.22	1.55	0.015*
The scope of the seminar was appropriate	1.29	1.45	0.252
I feel better prepared for similar situations in practice	1.71	2.21	0.007**
I would recommend this seminar to my colleagues	1.16	1.40	0.026*

* $p < 0.05$, ** $p < .001$; range: 1-5, lower values indicate greater agreement.

DISCUSSION

The structured brief intervention increases awareness and acceptance of skin diseases. The intervention is suitable for use in different professional groups in the field of body care - a context that many patients struggle with in their daily lives. Its integration into vocational training or delivery in workshops could increase knowledge about chronic skin diseases and reduce prejudices in various professional groups at a larger scale, thus helping to improve the psychosocial wellbeing of people with skin diseases.