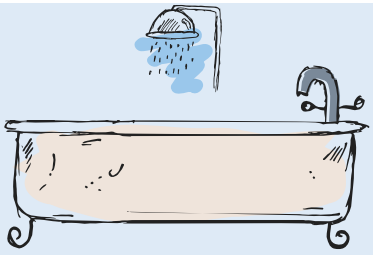
Eczema Bathing Study

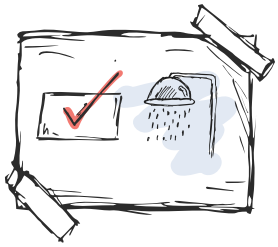
Thank you for taking part.

You are ready to go!

Your child is in the Daily Bathing group...
bath or shower 6 or more times per week

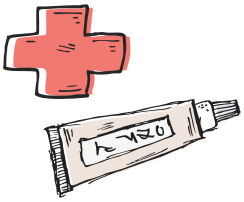


Your child is in the group that will have a bath or shower 6 or more times per week for the next 4 weeks. A bath or shower includes any way of washing that soaks the body in water.



It is important to stick to having a bath or shower 6 or more times per week.

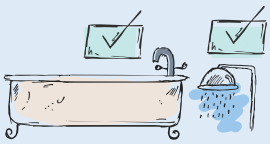
You don't need to change anything else about the way you wash your child or manage their eczema.



This does not affect your child's usual eczema care. You can consult their GP, pharmacist or other care provider as usual. If possible, do not start any new eczema treatments for the next 4 weeks.

You will fill in questionnaires every week. These are important to help understand how your child is getting on. If your child can't complete the questions on their own, please fill in the answers together if possible.

Frequently Asked Questions



Does it matter whether my child has a bath or a shower? No, your child can have a bath or a shower – whichever they prefer, as long as it is 6 or more times per week. They don't need to do the same each time.

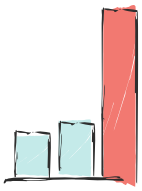
Can my child still use their eczema treatments? Yes, they can use their eczema treatments as often as they need to. If possible, they should not start any new eczema treatments during the study.

Do I have to wash my child's hair every time they are in the bath or shower? No, you don't.

Does it matter what products my child uses in the bath or shower or after their bath or shower? No. Try as much as possible to stick to what they would usually use.

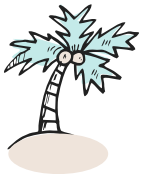
Does it matter how long my child takes in the bath or shower? No. Try as much as possible to stick to how long they would usually take.

Common Concerns



What if my child's eczema gets worse or flares up during the study? Eczema will naturally change over time. You can keep treating the eczema the way you normally would during a flare up. If you have any concerns, speak to your GP, pharmacist or dermatologist as you usually would.

What if I don't have time or my child starts to get upset about the changes? You know what works best for your family. The baths or showers don't need to take very long, and you may even find the new routine helpful or enjoyable. Planning ahead may help to fit the baths or showers around your day.



What if my child is staying away from home? Try to stick to their routine as best you can.

What if my child ends up having fewer than 6 baths or showers in a week? Do we need to leave the study? No, it is very important that your child stays in the study and you fill in the questionnaires you are sent. This is helpful even if your child doesn't manage to stick to 6 or more baths or showers per week. Just let us know in your answers, so we know if they have been able to stick to having a bath or shower 6 or more times per week.

What if I am worried about extra costs from taking part in the study? We have support available to help cover costs if needed.

To access financial support, go to:
https://rc.nctu.ac.uk/surveys/?s=MJJHHPAEFTX894K3

Or scan the QR code:

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