The Eczema Bathing Study: Weekly versus daily bathing for people with eczema? Protocol of an online, randomised controlled trial

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Plain Language Summary:

This study is part of the Rapid Eczema online Trials project which aims to answer questions about the self-management of eczema. People with eczema are helping to plan and run all parts of these studies.

In the Eczema Bathing Study, we're finding out how often people with eczema should have a bath or a shower to best manage their eczema. At the moment, we don't know the answer to this question. Some people believe that daily bath sare important, while others think it might dry out their skin too much. Anyone aged 1 year or older with eczema can join the study by signing up on the study website. We are encouraging people from all different ethnic and socioeconomic backgrounds to take part, to ensure the study is representative and can be applied to the general population of the United Kingdom (UK).

Participants will be asked about their eczema and how they usually look after their skin. They will be asked to have a bath or shower once or twice a week (Weekly bathing group), or to have a bath or shower 6 or more times a week (Daily bathing group). It will not be possible for people to choose which group they are in as this is decided by a computer. This is important to make sure that the two groups of people are similar. Any differences between the groups are then likely to be due to the different ways of bathing.

People in the study will be asked to follow the advice about how often to have a bath or a shower for 4 weeks. They will complete some questions every week. People can take part from home.

When the study results are known, we will share the results as quickly as possible on the study's website and social media (www.RapidEczemaTrials.org).