Weekly versus daily bathing for people with eczema: results of the Eczema Bathing online randomised controlled trial.

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Plain Language Summary:

Eczema is a long-term skin condition. People with the condition usually have dry, itchy skin. It affects people of all ages and ethnicities. Many people with eczema would like to know how best to wash or bathe to manage their symptoms.

This study from the UK was part of the 'Rapid Eczema Trials' project. This is a ground-breaking project that aims to answer questions about the self-management of eczema. People with eczema have been helping to plan and run all parts of this research project. As a result, they wanted to know how often people with eczema should have a bath or shower. To answer this question, we asked people with eczema to have a bath or shower once or twice a week (weekly bathing group), or six or more times a week (daily bathing group) for 4 weeks. All participants were put into groups at random, so the test was fair. We sent a questionnaire to participants each week about their eczema, treatments and bathing routine. In total, 438 people with eczema took part. We found no important differences in symptoms over 4 weeks between the weekly and daily bathing groups. In addition, no serious unintended effects or harms were reported.

Our findings suggest that people with eczema can choose themselves how often to bathe or shower. As one participant described it, people with the condition now have the freedom to choose whatever suits them best.