Rapid Eczema Trials
Creating research together

Stuck in the itch-scratch cycle?

If you live with eczema, this study could be for you. Help to test a new online programme called "Scratch Less" that aims to improve eczema symtoms by reducing scratching.



What taking part involves

- Take part from home.
- Completing short online questionnaires monthly.



Study length: 4 months

All study activities take place online and you can continue to use your usual eczema treatments.



We're looking for

Anyone aged 8-12 with eczema.

SCAN ME

RapidEczemaTrials.org/scratch-less-study

University of Nottingham
UK | CHINA | MALAYSIA

FUNDED BY
NIHR | National Institute for Health and Care Research

NHS
Nottingham University Hospitals
NHS Trust

This project is funded by the National Institute for Health and Care Research (NIHR) under its Programme Grants for Applied Research programme (PGfAR NIHR203279). The views expressed are those of the author(s) and not necessarily those of the NIHR or the Department of Health and Social Care

More information: The Scratch Less Study

We are testing Scratch Less, a new 3-part online programme designed to help children manage their eczema by breaking the "itch-scratch cycle." We need your help to see if it works!

Is this study right for me?

We are seeking children who:

- Have eczema (sometimes called atopic eczema)
- Are 8 - 12 years old
- Live in the UK
- Are willing to try the Scratch Less programme
- Are willing to answer monthly questionaires for 4 months.



What is involved?

100% Online: There are no extra clinic appointments. The programme and monthly questionnaires can be done from home on a phone or computer.

Randomised Groups: To make it a fair test, participants are randomly placed into one of two groups. One group gets the Scratch Less programme, and the other group continues with usual care. We don't yet know if the Scratch Less programme works – that's why we are doing the study. People in the usual eczema care group will be able to try the Scratch Less programme for themselves at the end of the study if they would like to.

Keep Your Routine: You should continue using your usual eczema treatments during the study.

Parental Consent: A parent or carer will need to complete the online consent form. Young children may need support in using the Scratch Less programme.

Ready to learn more?
Scan the QR code on the front of this poster or visit RapidEczemaTrials.org/scratch-less-study to sign up!