

## Background

- Contact dermatitis (CD) can be difficult to manage and overwhelming for patients
- This study sought to investigate whether a CD support group could help patients find community and learn from others who share similar experiences

### Contact Dermatitis Patient Discussion Group

Do you have contact dermatitis?  
You are not the only one!

## Methods

### Meeting Advertising

CD support group meetings advertised to patients during final patch test readings

### Monthly Group Meetings

Monthly meetings held for 1.5yrs  
Sessions facilitated by dermatologist, social worker, and clinical research fellows

### Survey Administration

30-question, cross-sectional survey offered to group members

“Like the name implies, it provides a support system that reminds me that there are other people that have lived with similar diagnoses for much longer than I have and have found success in adapting their lives.”

- Support Group Member



Scan for:

- 1) Support group advertising flyer
- 2) Educational sheet on CD
- 3) Group member anecdotes

## Results

2-5 group members attended each meeting; 8 completed survey

Figure 1. “How important is it for you to socialize with others affected by contact dermatitis?”

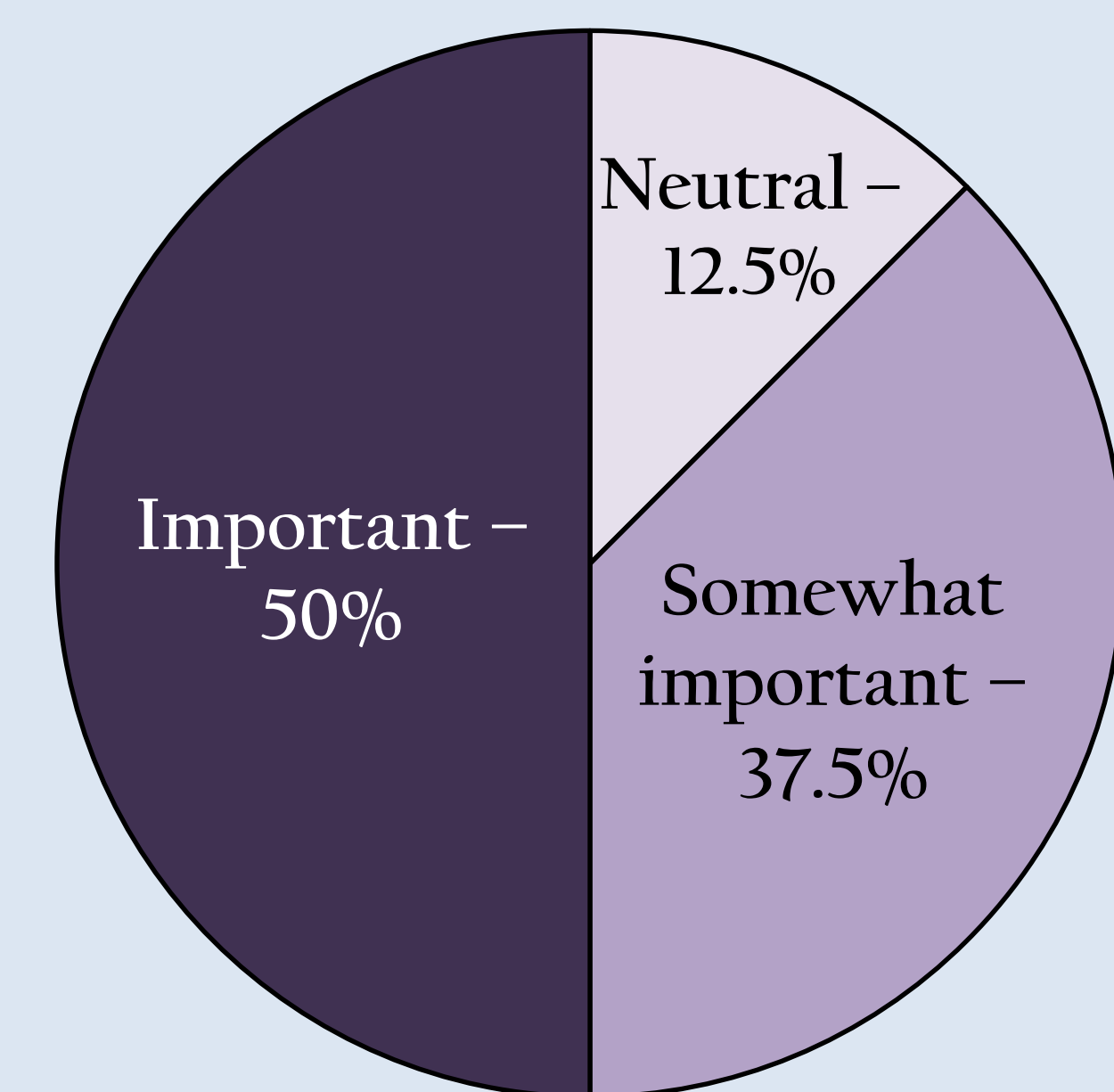
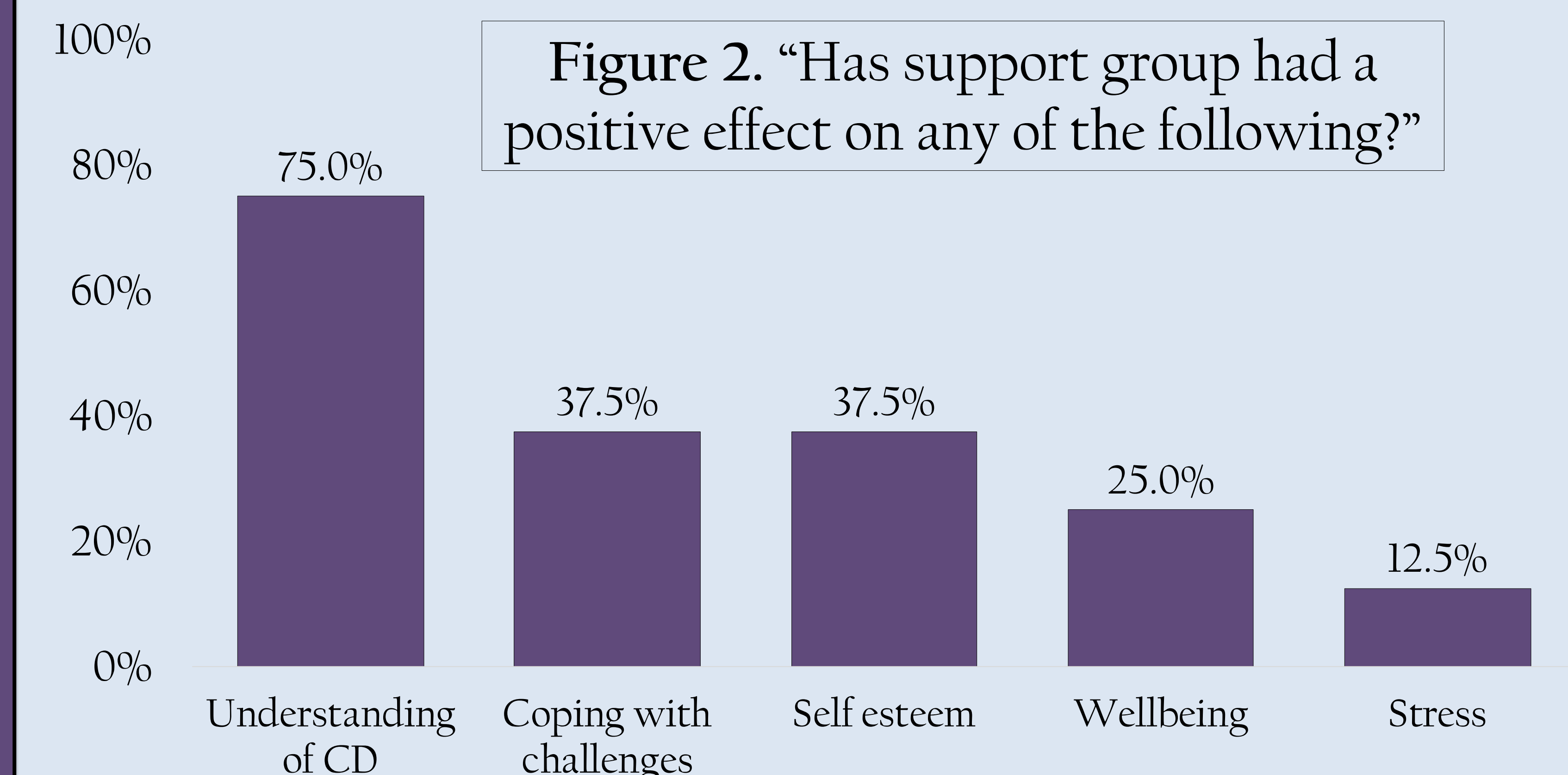


Figure 2. “Has support group had a positive effect on any of the following?”



## Discussion

- Support groups may be helpful for patients learning to manage challenges associated with contact dermatitis
- Further investigation is warranted to determine whether these groups are effective on a larger scale

## References

Ayala F, Nino M, Fabbrocini G, et al. Quality of Life and Contact Dermatitis: A Disease-Specific Questionnaire. *Dermatitis*. 2010;21(2):84-90. doi:10.2310/6620.2010.09057.

Swietlik J, Reeder M. Current Quality-of-Life Tools Available for Use in Contact Dermatitis. *Dermatitis*. 2016;27(4):176-185. doi:10.1097/der.000000000000192.