

1) In previous work, we developed two websites to support parents of children with eczema and young people with eczema (EczemaCareOnline.org.uk) and found that these websites successfully improved eczema symptoms in children and young people. In this paper, we show that: (1) parents and young people only needed to spend a short amount of time (approximately 20 minutes) on the website to get benefit from it; and (2) the websites helped improve eczema by helping parents and young people to understand and cope with eczema.

2) Young people and parents of children with eczema require support to help them to manage their condition, but this support cannot be too burdensome, further adding to their daily stresses. Our findings demonstrated the benefits of the websites from a small time commitment for users. This provides further support for the importance of health professionals signposting patients and carers to EczemaCareOnline.org.uk.

3) Eczema is a common skin condition that affects 1 in 5 children and 1 in 10 UK adults and can make skin itchy, dry and sore. We gave 171 parents and 168 young people in the UK access to our newly developed website, as part of a randomised controlled trial, and asked them to complete questionnaires and tracked how they used the website across 52 weeks.