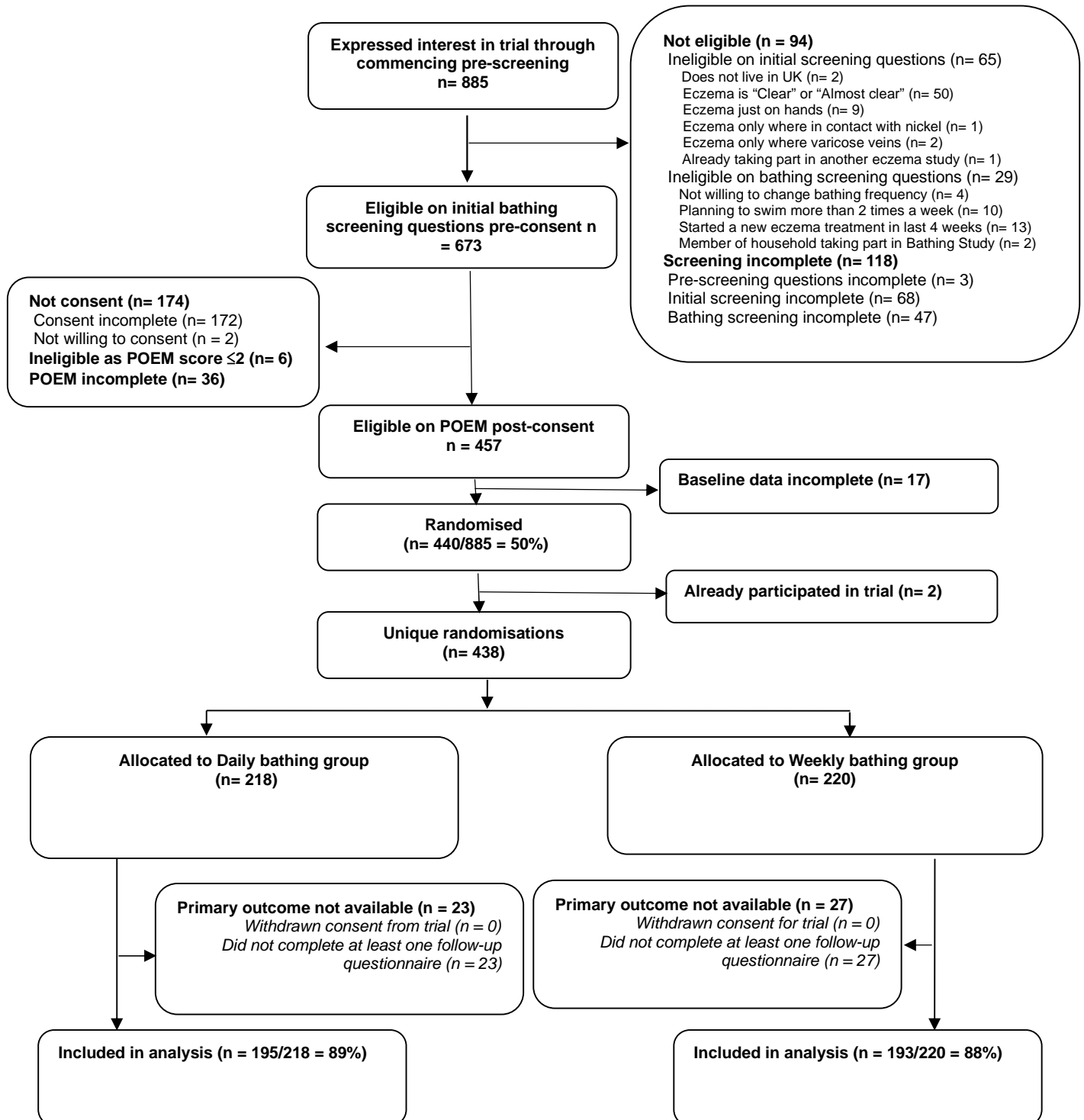


## RAPID eczema bathing study – basic results summary

### Participant flow



#### Notes:

- 1 – Recruitment to trial between 29th January and 8th July 2024. Adverts and invitations continued until the target sample size had been met and recruitment closed seven days after the last advert/invitation.
- 2 – Final follow-up questionnaire completed on 6<sup>th</sup> August 2024.

## Baseline characteristics

*Demographic characteristics*

		Daily bathing group (n = 218)	Weekly bathing group (n = 220)	Total (n = 438)
<b>Age (years)</b>				
	Mean[sd]	35.1 [23]	34.7 [22.2]	34.9 [22.6]
	Median [25 <sup>th</sup> , 75 <sup>th</sup> centile]	32 [16, 53]	32 [16, 52.5]	32 [16, 53]
	Min, max	1, 82	1, 89	1, 89
	Children (<16)	53 (24%)	55 (25%)	108 (25%)
	Adult (16-55)	115 (53%)	114 (52%)	229 (52%)
	Older adults (>55)	50 (23%)	51 (23%)	101 (23%)
<b>Gender</b>				
	Male	73 (33%)	72 (33%)	145 (33%)
	Female	143 (66%)	147 (67%)	290 (66%)
	Other	2 (1%)	1 (<1%)	3 (1%)
<b>Ethnicity</b>				
	White British	176 (81%)	192 (87%)	368 (84%)
	White other	10 (5%)	3 (1%)	13 (3%)
	Black	6 (3%)	--	6 (1%)
	Asian	13 (6%)	14 (6%)	27 (6%)
	Mixed	10 (5%)	10 (5%)	20 (5%)
	Other ethnic group	3 (1%)	1 (<1%)	4 (1%)
<b>Country of residence</b>				
	England	204 (94%)	215 (98%)	419 (96%)
	Wales	8 (4%)	1 (<1%)	9 (2%)
	Scotland	5 (2%)	4 (2%)	9 (2%)
	Northern Ireland	1 (<1%)	--	1 (<1%)

All data are N (%) unless otherwise indicated.

POEM = Patient Orientated Eczema Measure

*Other baseline characteristics used in analysis*

	Daily bathing group (n = 218)	Weekly bathing group (n = 220)	Total (n = 438)
<b>Eczema symptoms - POEM score</b>			
Mild (3 to 7)	27 (12%)	27 (12%)	54 (12%)
Moderate (8 to 16)	112 (51%)	111 (50%)	223 (51%)
Severe (17 to 24)	68 (31%)	62 (28%)	130 (30%)
Very severe (25 to 28)	11 (5%)	20 (9%)	31 (7%)
<b>Atopic eczema based on UK Working Party Diagnostic Criteria</b>			
	188 (86%)	193 (88%)	381 (87%)
<b>Usual method of bathing</b>			
Bath	71 (33%)	74 (34%)	145 (33%)
Shower	144 (66%)	145 (66%)	289 (66%)
Other	3 (1%)	1 (<1%)	4 (1%)
<b>Number of times take a bath or shower in a typical week</b>			
Mean[sd]	4.3 [2.3]	4.3 [2.2]	4.3 [2.3]
Median [25 <sup>th</sup> , 75 <sup>th</sup> centile]	4 [2, 7]	4 [3, 7]	4 [2, 7]
Min, max	0, 14	0, 14	0, 14
n	218	218	436
<b>Use of tablet medications, UV light treatment, injections for eczema (i.e. systemic treatments)</b>			
	28 (13%)	32 (15%)	60 (14%)
<b>Use of bath oils or moisturising wash products or leave-on moisturisers as an alternative to soap</b>			
	115 (53%)	110 (50%)	225 (51%)
<b>Usually wash hair in bath/shower</b>			
Never	10 (5%)	13 (6%)	23 (5%)
Sometimes	69 (32%)	74 (34%)	143 (33%)
Usually	135 (62%)	133 (60%)	268 (61%)
Missing	4 (2%)	--	4 (1%)
<b>Products usually put on skin after bath/shower</b>			
Nothing	17 (8%)	15 (7%)	32 (7%)
Moisturising creams <sup>1</sup>	171 (78%)	167 (76%)	338 (77%)
Other eczema treatments <sup>1</sup>	108 (50%)	119 (54%)	227 (52%)
Other <sup>1</sup>	3 (1%)	6 (3%)	9 (2%)

## Outcome measures

*Primary outcome between group comparison – Eczema symptoms based on POEM assessed weekly*

		Daily bathing group (n = 218)	Weekly bathing group (n = 220)	Adjusted <sup>1</sup> difference <sup>2</sup> in means (95% CI, p-value)
<b>Baseline</b>				
	Mean [sd]	14.5 [5.7]	14.9 [6.3]	
	n	218	220	
<b>Week 1</b>				
	Mean [sd]	11.7 [5.9]	12.1 [6.8]	
	n	183	184	
<b>Week 2</b>				
	Mean [sd]	12.2 [5.9]	11.3 [6.7]	
	n	165	162	-0.4 (-1.3 to 0.4), p = 0.30
<b>Week 3</b>				
	Mean [sd]	11.7 [6.7]	10.5 [7.0]	
	n	144	156	
<b>Week 4</b>				
	Mean [sd]	11.6 [6.5]	10.6 [7.2]	
	n	171	169	

1 – Adjusted by minimisation variables (age, baseline POEM score, and usual method of bathing) and other baseline variables as specified in the protocol (usual frequency of bathing, whether participants usually wash their hair in the bath/shower, whether they use emollient wash products, use of moisturisers after bathing, diagnosis of eczema according to the UK Diagnostic Criteria, whether participants are currently using systemic treatments).

2 – Difference for weekly bathing compared to daily bathing

1334 observations from 388 participants were included in the analysis model (663 observations from 195 participants in the Daily bathing group and 671 observations from 193 participants in the Weekly bathing group).

POEM score ranges from 0 to 28, higher scores indicating greater severity of eczema.

### Secondary outcomes

*All secondary outcomes will be reported in the open access peer-reviewed journal paper. Link will be added to ISRCTN page when published.*

### Adverse events

*No serious unintended effects or harms were reported.*