

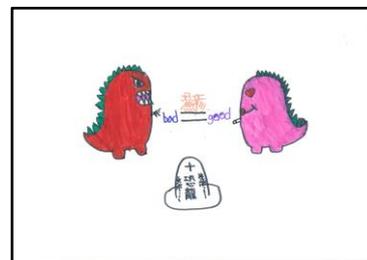
## Appendix 1 - Research outcome from Phase 1 Program

By adopting a randomized wait-list control trial research design, more than 100 pairs of parent-child dyads participated in the Phase 1 study (Appendix I). Results showed children in the experimental group experienced marked reduction in anxiety and improve emotion regulation after the 6-week program (Table 2). In terms of their eczema, a marked reduction in eczema extent, severity level, itch sensation and sleep disturbance was noted as compared to the waitlist control group.

Table 2. Children changes before and after intervention program

	Intervention Group			Waitlist			Effectiveness
	Pre	Post	Difference	Pre	Post	Difference	
Anxiety	2	1.86	-7.07%	1.94	1.96	1.16%	Significant reduction
Overall eczema severity	54.42	44.58	-18.09%	63.05	58.55	-7.13%	Significant reduction
Eczema extent	32.26	22.23	-31.10%	39.83	31.97	-19.73%	Significant reduction
Eczema intensity	10.45	9.67	-7.52%	12.57	12.29	-2.27%	Significant reduction
Itch	6.71	5.12	-23.76%	6.86	5.74	-16.25%	Significant reduction
Sleep loss	4.02	2.81	-30.18%	4.11	3.51	-14.58%	Significant reduction

Positive changes were found in children's drawing. Drawing 1 shows the topic "My Eczema" before the intervention program. The child describes eczema as "the descending devil who took away the key to my social life. When people laugh at my eczema, it is indeed the devil is laughing at me as well. I am very unhappy about the devil.". Drawing 2 shows the same topic drawn after the 6-week intervention. The same child seemed to have change her interpretation of eczema, describing it as "something that will itch and bleeds sometimes (like the red dinosaur), but at other times it can be gentle and happy (like the pink dinosaur)".



Drawing 1. "My Eczema" before intervention      Drawing 2. "My Eczema" after intervention

For parents, after the 6-week program, they experienced marked reduction in depression, perceived stress, their sense of disorientation towards their children's eczema and attachment

to illness. Their general vitality increased (Table 3).

Table 3. Parent changes before and after the intervention program

	Intervention Group			Waitlist			Effectiveness
	Pre	Post	Difference	Pre	Post	Differenc	
Stress	22.13	18.73	-15.36%	21.67	21.3	-1.71%	Significant reduction
Emotional distress	7.25	4.71	-35.03%	6.56	6.74	2.74%	Significant reduction
Non-attachment	32.1	33.4	4.10%	33.4	32.5	-2.69%	Significant improvement
Afflictive ideation	13.3	12.4	-6.77%	11.1	12.9	16.22%	Significant reduction
General vitality	23.3	25.1	7.77%	24.3	23.9	-1.65%	Significant improvement

“When the parents can accept eczema as a chronic condition that may not go away, they will have more capacity to think clearly about the pros and cons of various treatment methods.” Dr. Celia Chan explained. “By developing a sense of self-awareness and by being engaged in self-care practices, they no longer focus on treating only the diseases symptoms, but also pay more attention to the parent-child relationship and their own well-being as adult parents.”