

What do we know about adults who indoor tan in private homes?

September 22 2016

A small percentage of individuals who indoor tan, a pastime associated with skin cancer, do so in private homes. Why do they do it? A research letter published online by *JAMA Dermatology* attempts to answer that question.

Sherry L. Pagoto, Ph.D., of the University of Massachusetts School of Medicine, Worcester, and her coauthors analyzed data for a group of adults tanners.

The authors examined demographics of the two groups, as well as symptoms of tanning addiction as measured by scores on a tanning behavior assessment tool. Endorsing two or more items on the [assessment tool](#) was considered positive for tanning addiction.

The author report:

- Of 636 adults who had ever tanned indoors, 170 (26.7 percent) reported tanning at least once in a private [home](#).
- Among 519 adults who had used a tanning bed in the last year, 44 primarily tanned in a home (theirs or someone else's) and the other 475 primarily tanned elsewhere.
- Of the 44 recent tanners who primarily tanned at a home, 48 percent said they tanned at their home, 46 percent tanned at the home of a friend or relative and 7 percent tanned in their apartment complex.
- The most common reasons for tanning at home were not having

to wait and tanning for free.

- Individuals who tanned at home reported more indoor tanning sessions in the last year than those who tanned elsewhere.
- Those who tanned at a home were more likely to exceed the cutoff score of two on the behavioral screening assessment for tanning addiction.
- Some individuals whose families owned a tanning bed reported letting nonfamily members use it and receiving money from others to tan with the device.

"Less-expensive tanning was a commonly cited reason to tan in the home. Therefore, strategies that increase the cost of using these devices may reduce tanning in homes. Home tanners appear to be a small but high-risk group who should be targeted in intervention efforts to prevent [skin cancer](#)," the research letter concludes.

More information: Vinayak K. Nahar et al. Characteristics and Practices of Adults Who Use Tanning Beds in Private Residences, *JAMA Dermatology* (2016). DOI: [10.1001/jamadermatol.2016.3111](https://doi.org/10.1001/jamadermatol.2016.3111)

Provided by The JAMA Network Journals

Citation: What do we know about adults who indoor tan in private homes? (2016, September 22) retrieved 20 March 2024 from <https://medicalxpress.com/news/2016-09-adults-indoor-tan-private-homes.html>

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