

Mindfulness, self-compassion training improves quality of life for eczema patients

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A mindfulness and self-compassion training intervention is effective for

improving quality of life (QOL) among adults with atopic dermatitis, according to a study published online May 10 in *JAMA Dermatology*.

Sanae Kishimoto, M.P.H., from Kyoto University in Japan, and colleagues examined the efficacy of mindfulness and self-compassion training in improving QOL for adults with atopic dermatitis in a randomized clinical trial. A total of 107 adults were randomly assigned to receive eight 90-minute weekly group sessions of online mindfulness and self-compassion training or to a waiting list (56 and 51 patients, respectively).

The researchers observed a greater improvement in the Dermatology Life Quality Index score at 13 weeks in the [intervention group](#) (between-group difference estimate, -6.34). At 13 weeks, the standardized effect size (Cohen d) was -1.06 . Greater improvements were seen in the intervention versus the waiting-list group for all secondary outcomes, including eczema severity, itch- and scratching-related visual analog scales, self-compassion and all of its subscales, mindfulness, psychological symptoms, and participants' adherence to dermatologist-advised treatments.

"The present study is the first, to our knowledge, to show that group-format [mindfulness](#) and self-compassion enhances the QOL for [adults](#) with [atopic dermatitis](#)," the authors write.

Several authors disclosed financial ties to the biopharmaceutical industry.

More information: Sanae Kishimoto et al, Efficacy of Integrated Online Mindfulness and Self-compassion Training for Adults With Atopic Dermatitis, *JAMA Dermatology* (2023). [DOI: 10.1001/jamadermatol.2023.0975](https://doi.org/10.1001/jamadermatol.2023.0975)

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