

## Phase One Results

Out of thirty-four girls who attended the session 24 filled out the forms (71%).

### 1. Please state below how much you agree with the following statement *“Protecting myself from too much sun is important to me.”*

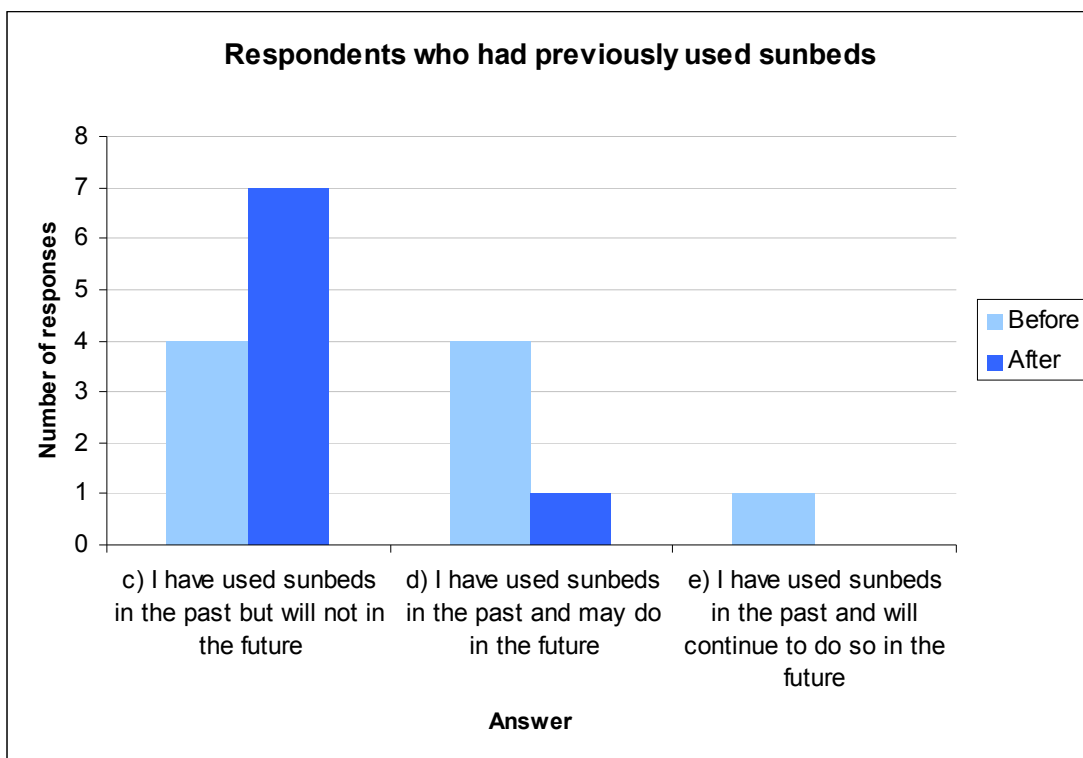
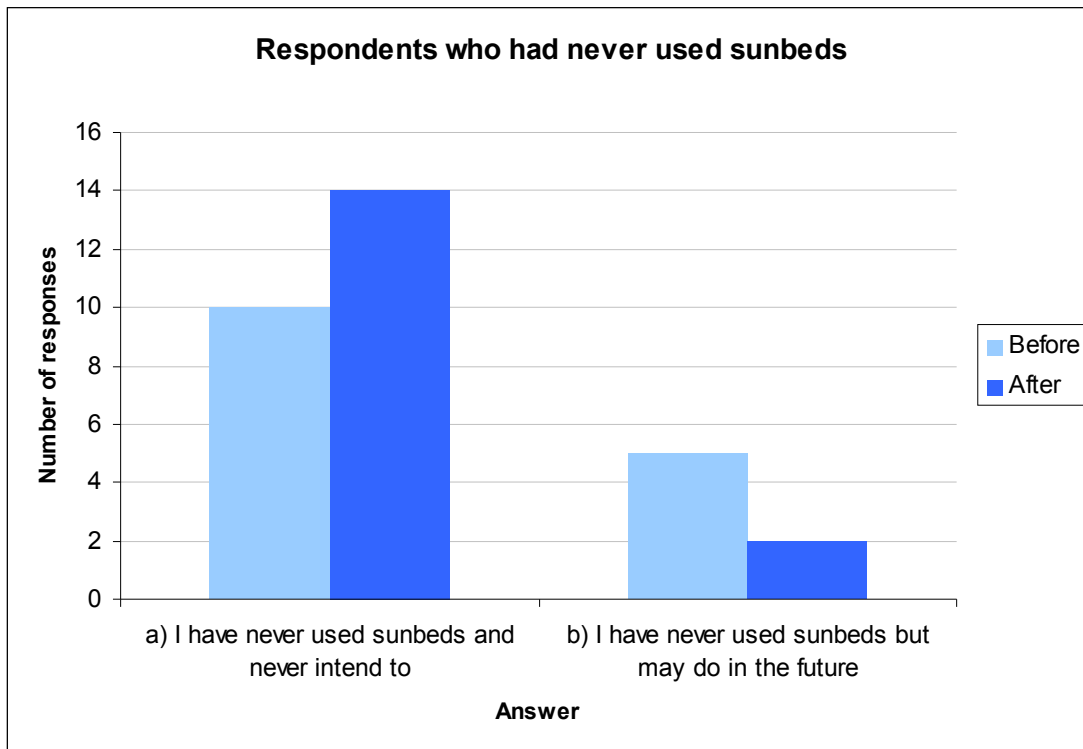
Before the session, 75% of the students either strongly agreed or agreed with this statement, but afterwards, this increased to 100%. Before the session, only 25% ticked that they strongly agreed, but afterwards, 67% did.



### 2. Which of the following best describes your sunbed use? (Please tick one category only)

Nine students had used sunbeds in the past. Before the session, five of these students (56%) said that they ‘may’ or ‘will’ use sunbeds in the future, but after the session, only one did (11%).

The results are divided into those who had never used sunbeds, and those who had previously used sunbeds, to make it more clear how the behaviour has changed.

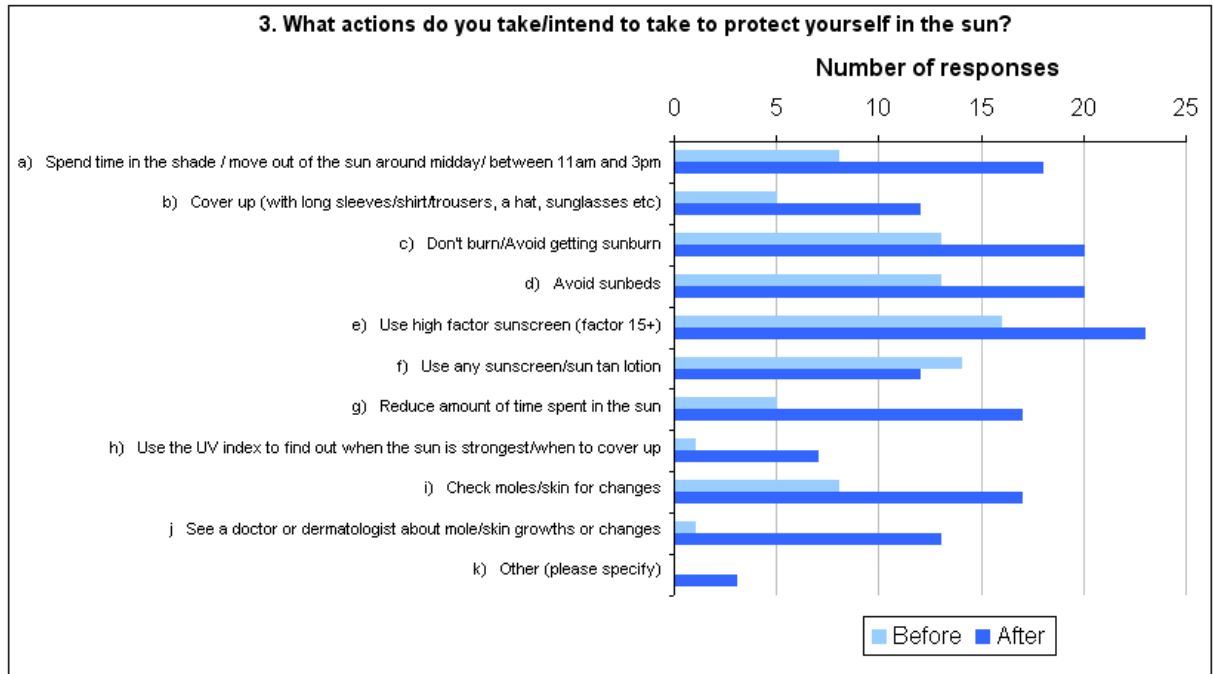


**3. (Before) What actions do you take to protect yourself in the sun? (Please tick all that apply)**

The students ticked a significantly higher number of answers after the session than before. The only option which showed a decrease was f) 'Use any sunscreen/sun tan lotion', but since there was an increase in answers

for e) 'Use high factor sunscreen (15+) this is probably because they were choosing this option instead.

**(After) What actions do you intend to take now to protect yourself in the sun? (Please tick all that apply)**



**4. Why do you protect your skin in the sun? Tick all that apply**

Before the session, a high number of students answered that they protected their skin in the sun to prevent both ageing and skin cancer (83% and 88% respectively), however the results still showed a positive change in attitude. After the session, 96% of students answered that ageing was a motivation for protecting their skin, and 100% that skin cancer was a motivation.

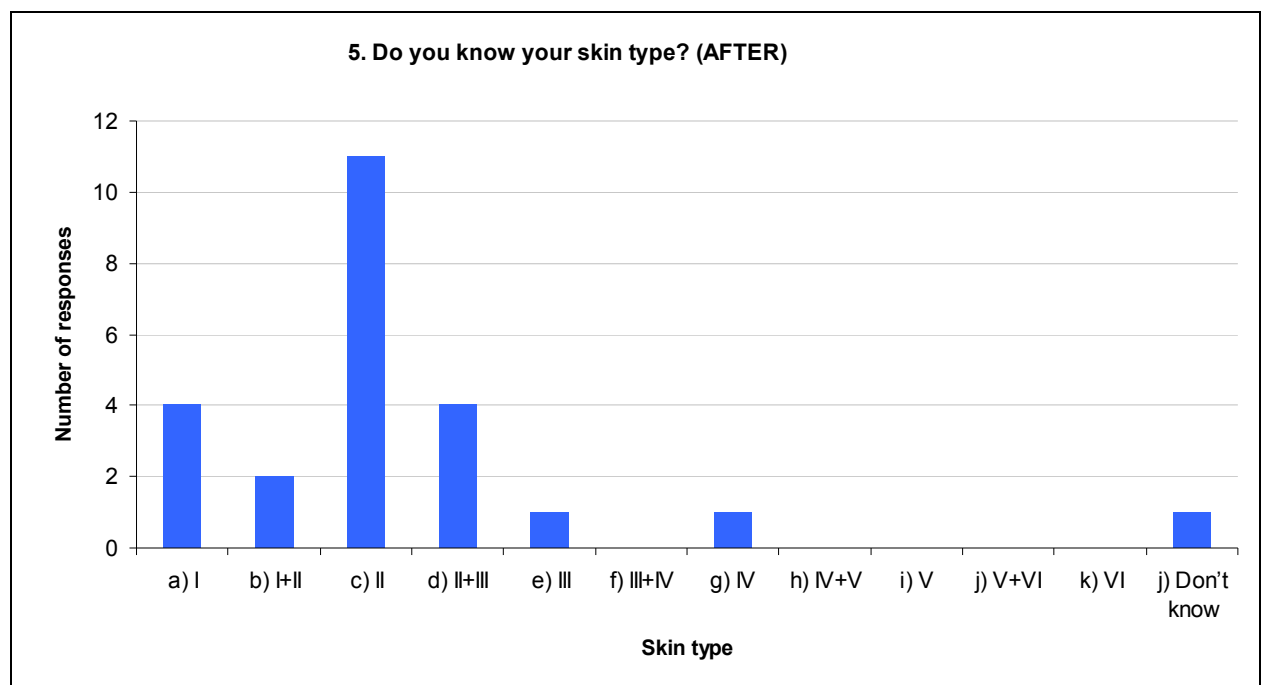
	Before	After	% increase
a) To prevent sun damage ageing my skin	20 (83%)	23 (96%)	13%
b) To prevent skin cancer	21 (88%)	24 (100%)	12%
c) I don't know	0	0	N/A
d) I don't protect my skin	0	0	N/A

## 5. Do you know your skin type now?

The purpose of this question was firstly to find out whether the students could identify their skin type (unprompted) and secondly to confirm that we were targeting at risk individuals.

Before the session, 83% could not identify their skin type unprompted (a predictable result). After the session, 96% could identify their skin type. Of these students, 96% identified themselves as Type I, II or III, or between these types, showing that the intervention successfully targeted teenagers with the risk factor of having fair skin.

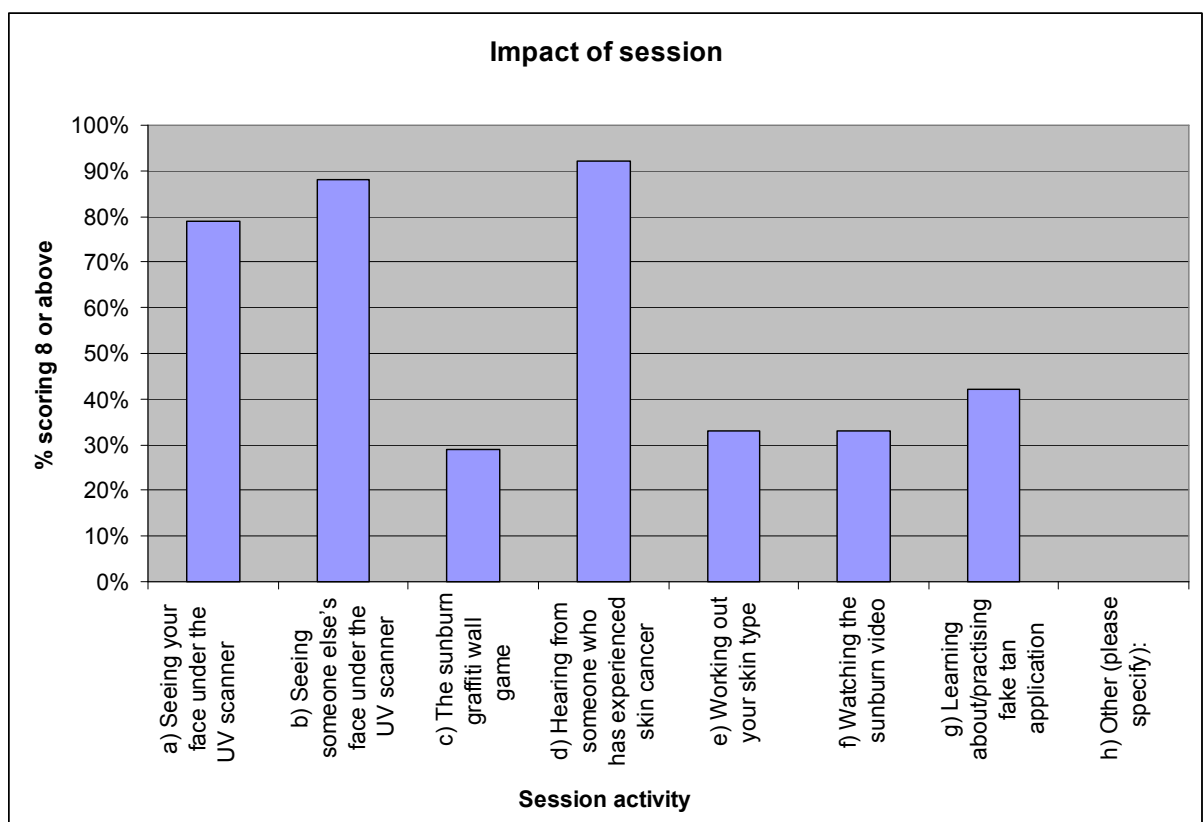
A number of students ticked more than one skin type as they felt they were 'between' categories, so this is reflected in the results in table 5.



## 6. Impact of session

Three parts of the session made significantly the most impact, scoring 8 or above:

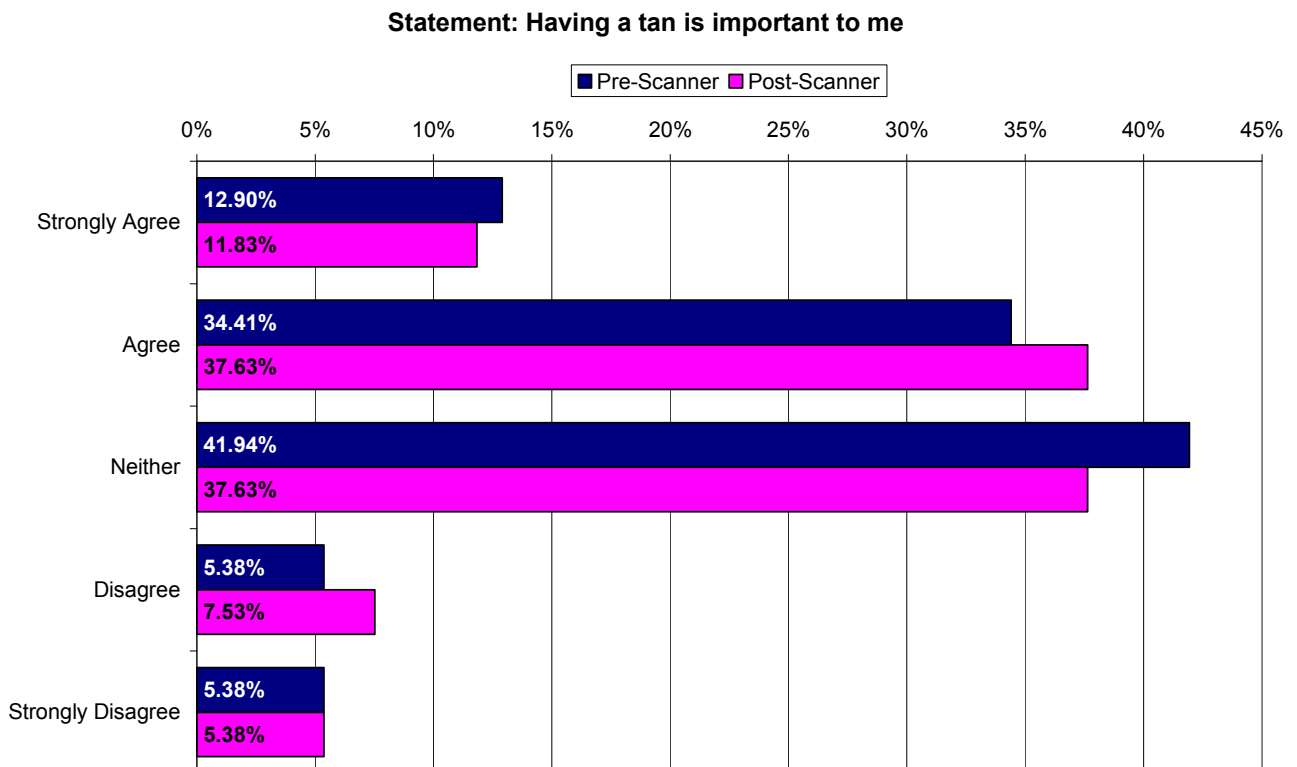
- 'Seeing your face under the UV scanner': 79%
- 'Seeing someone else's face under the UV scanner': 88%
- 'Hearing from someone who has experienced skin cancer': 92%



	Number of students scoring 8 or above	% of students scoring 8 or above
a) Seeing your face under the UV scanner	19	79%
b) Seeing someone else's face under the UV scanner	21	88%
c) The sunburn graffiti wall game	7	29%
d) Hearing from someone who has experienced skin cancer	22	92%
e) Working out your skin type	8	33%
f) Watching the sunburn video	8	33%
g) Learning about/practising fake tan application	10	42%
h) Other (please specify):	0	0%

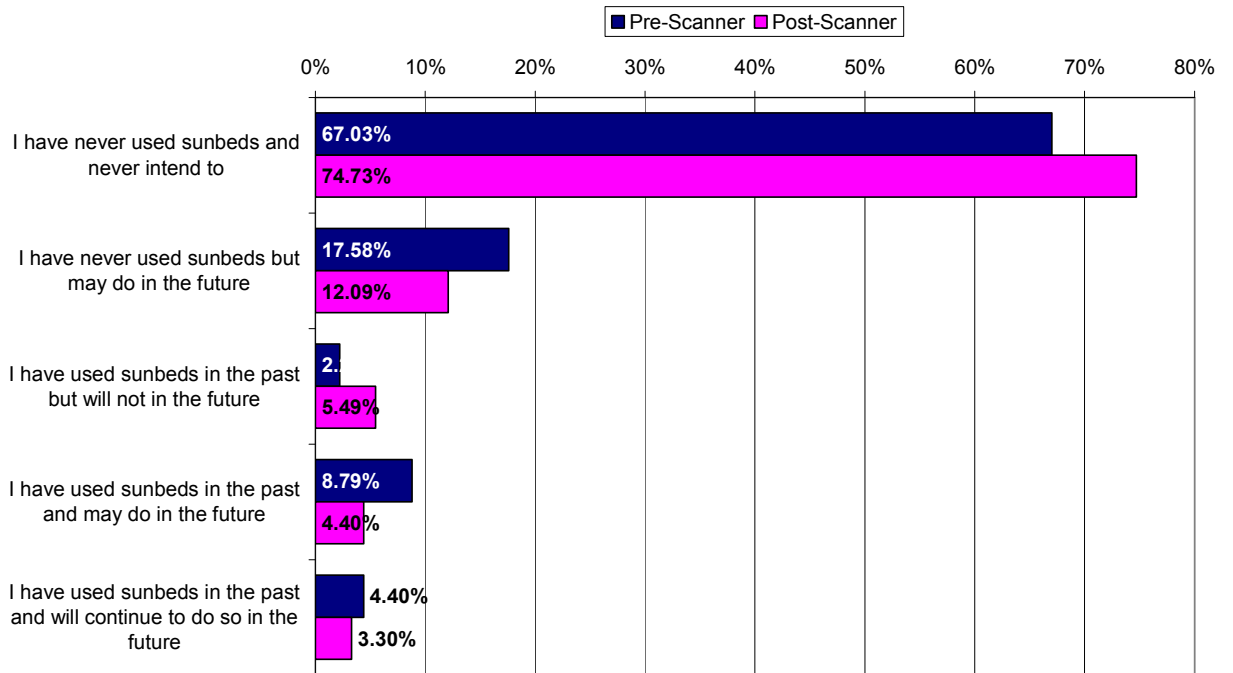
## Phase Two Results

Results refer only to the 99 students who were aged 19 and under.



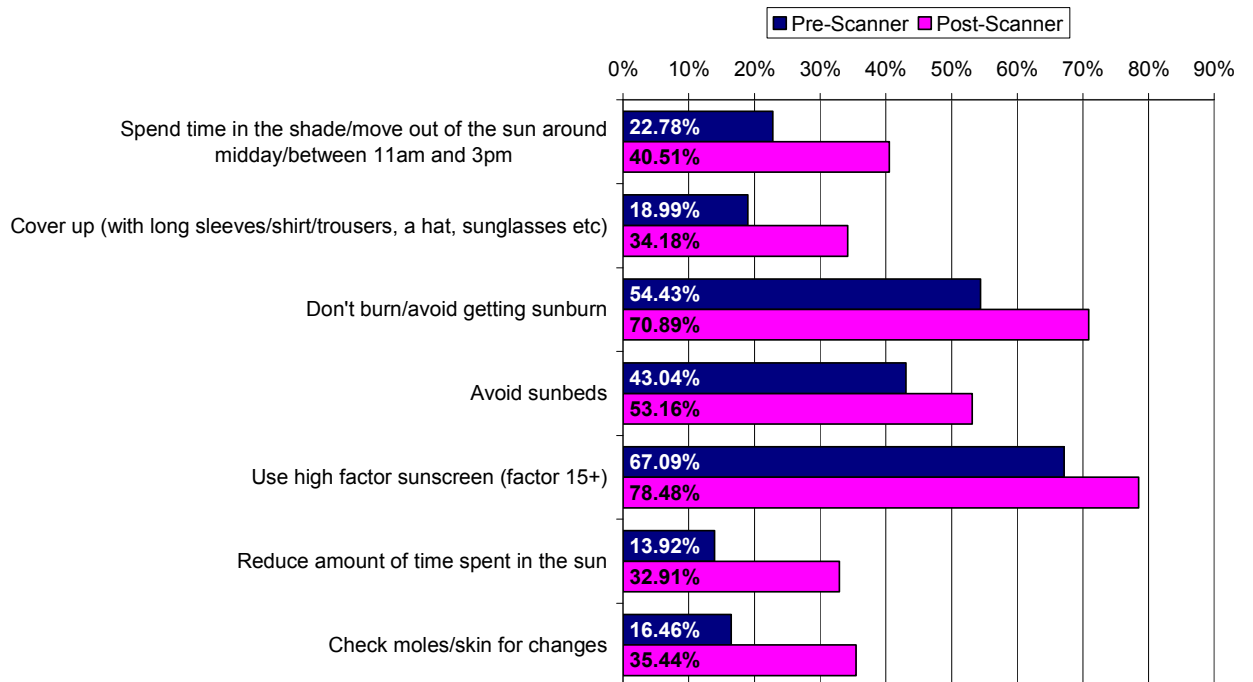
There was no statistical difference before and after.

**Which of the following best describes your current sunbed use?**



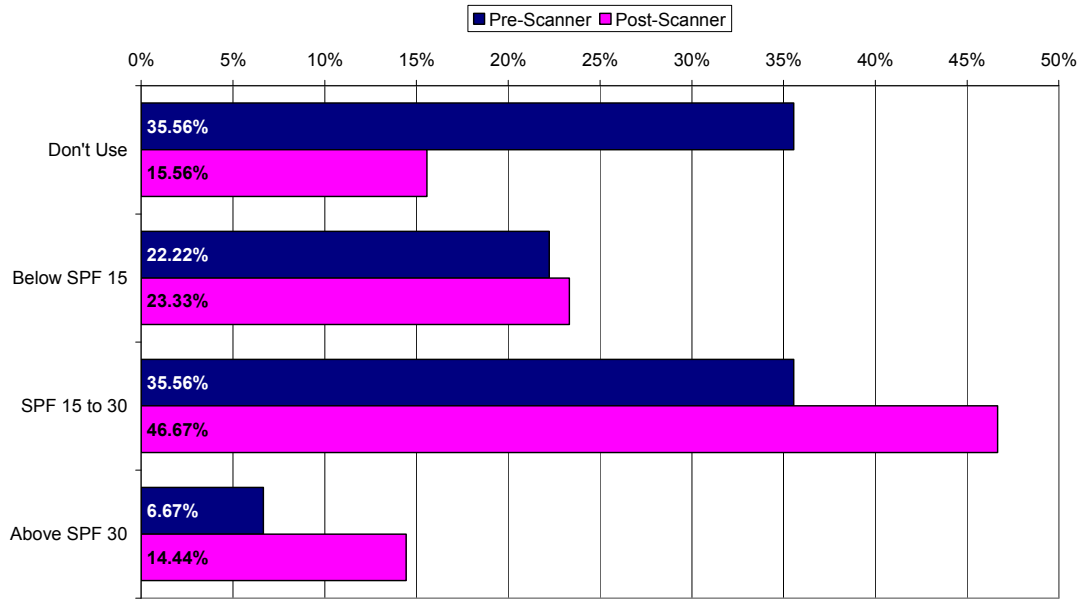
Students were statistically significantly less likely to want to use sunbeds after the intervention than before.

**What actions do you take to protect yourself in the sun?**



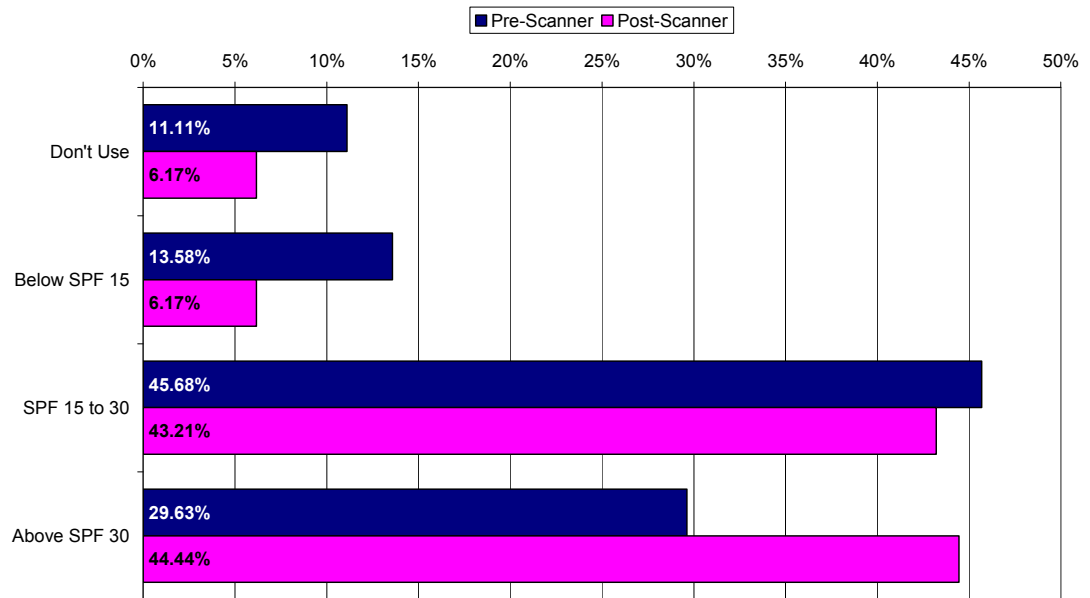
Students intended to use statistically significantly more actions to protect themselves after than before.

**What factor sunscreen do you usually use/plan to use in the UK?**



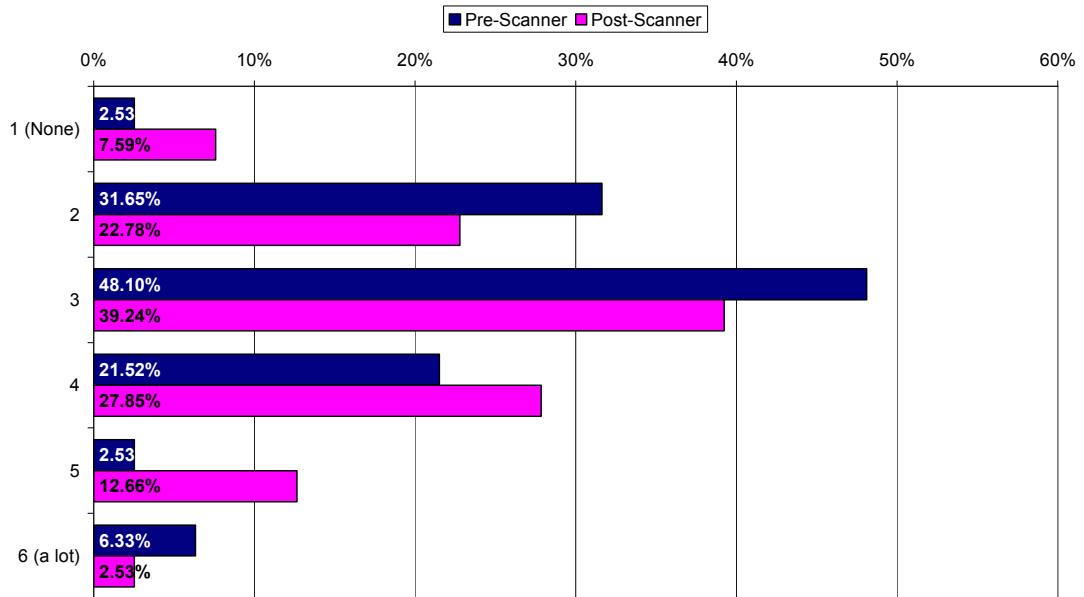
There was significant positive change in what factor sunscreen students intended to use after.

**What factor sunscreen do you usually use/plan to use abroad?**



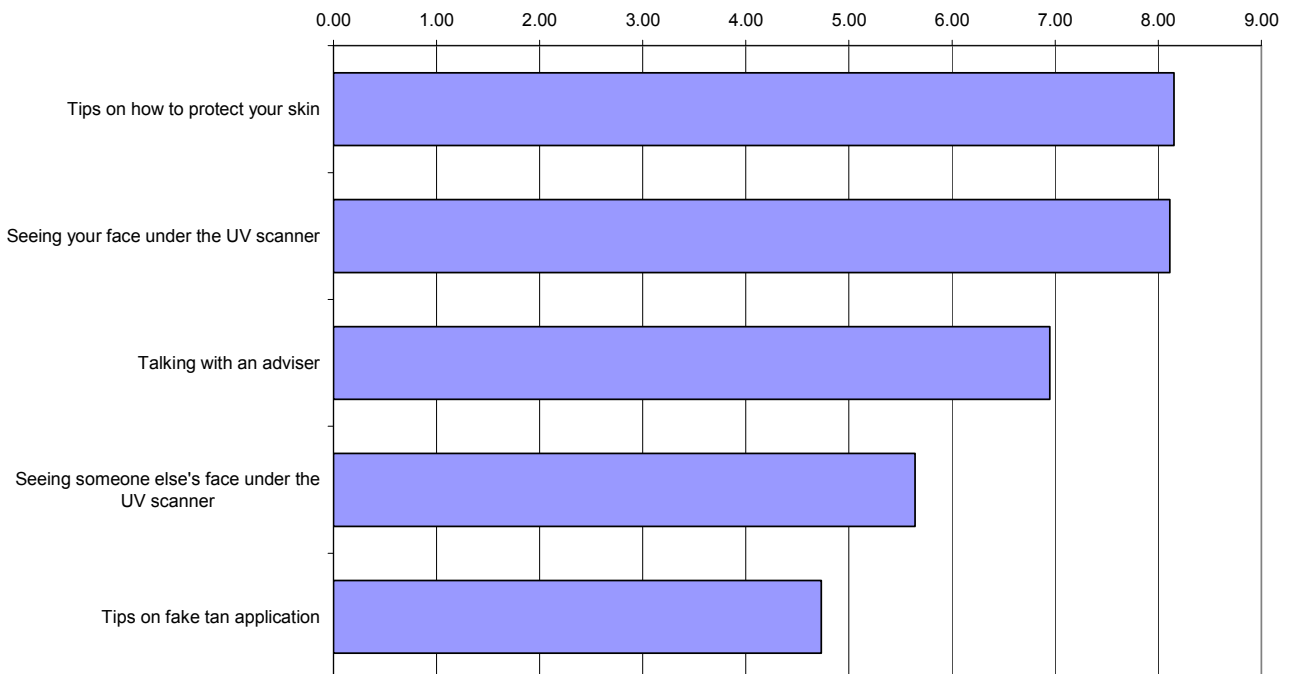
There was significant positive change in what factor sunscreen students intended to use after.

**On a scale of 1 to 6, how much sun damage do you think you have on your face now?**



There was no significant change in the amount of sun damage students felt that they had before and after.

**On a scale of 1 to 10, how much have the following made you want to protect your skin from the sun in future?**



Getting tips on protecting their skin, seeing their face under the scanner, and talking with an adviser were the most likely parts of the consultation to make students want to protect their skin in the future.