

GLOBAL SKIN HEALTH

EFFECT OF A SUN PROTECTION TALE ON SUN PROTECTION KNOWLEDGE AND BEHAVIORS AMONG LATIN CHILDREN

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Introduction: Sun protection measures during childhood may minimize the risk of developing skin cancer later in life. However, the best approach to increase knowledge in primary prevention with an impact on children and parents' behaviors remains to be elucidated.

Objective: To evaluate the utility of a sun protection tale as an educational method, and to determine the level of recall and impact on behavior.

Material and Methods: Randomized cluster-type, controlled, single-blinded clinical trial. The intervention group (IG) was provided with a sun protection tale book, which was told by an actor. The control group (CG) was provided with an educational flyer about the effects of UVR and sun protection methods.

Results: 651 Kindergarten children met the inclusion criteria. 329 participants were assigned to the IG, and 319 to the CG. The final response rate for the surveys was 83% (539). Overall, sun protection methods and behaviors were understood by more than 75% of the participants. Differences between both groups were observed only after the initial intervention, with children from the IG demonstrating a better understanding of sun protection methods and behaviors (OR: 2,116 CI 1,23-3,63, p 0.006). Overall, participants showed a trend toward improvement of sun protection behaviors at the 3 time points; however, there was no statistically significant difference between both groups.

Conclusion: This is the first educational effort in primary prevention reported in children from Colombia and Latin America. Our results suggest that cognitive-behavioral interventions in kindergarten children may lead to long-lasting improvements in sun protection behaviors.