

“Itch CBT” Study

What is the “Itch CBT” Study?

The purpose of this study is to use a type of cognitive-behavioral therapy (CBT) to improve itch symptoms in children with moderate to severe eczema. The therapy sessions will focus on issues related to your child’s eczema, such as medication adherence, coping strategies, social stigma, anxiety, sleep, and more.

You/Your child may be eligible if:

- Your child is 8-17 years old.
- Your child has moderate to severe eczema.
- You are willing to participate in parts of the study with your child.

What will we have to do in this research study?

If your child chooses to participate, they will be asked to:

- Participate in 4 online therapy sessions that will last about 60-minutes each.
- Complete questionnaires before, during, and after the study.

As a parent/guardian, you will be asked to:

- Help your child set-up the online therapy sessions.
- Complete questionnaires before, during, and after the study.
- If needed, join therapy sessions at the end of each visit to help your child with any “homework”

Interested or have questions?

Reach out to our study team:



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