

STUDY -- Self-help for visible skin difference in adults



We would like to find out whether a self-help intervention is effective for adults with a visible skin difference.

The self-help intervention aims to help people build their confidence in social situations.

This study is being conducted by researchers from the Department of Psychology at the University of Sheffield.

If your confidence in social situations is affected by your visible skin difference and you are aged 18 or over and interested in taking part, please follow the link below which will take you to the study website, where you can read more information.

[The University of Sheffield- study website](#)

If eligible, you can choose to take part, and will be asked to complete a set of questionnaires.

These will be repeated once during the course of the study, to see whether the self-help is effective.

You will receive the self-help intervention as a PDF document either straight away or after a waiting period.

If you know someone else who might be interested in taking part, please feel free to forward this link.