



GLOBAL SKIN HEALTH

AN ONLINE COURSE OF COSMETICS AND ASSOCIATED DERMATOSES FOR IMPROVING SKIN-CARE BEHAVIOURS AND SKIN CONDITION

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Background: The massive open online course (MOOC) allows the public to easily access thousands of professional fields, providing platforms for doctors to conduct health education.

To virtually integrate cosmetics-associated knowledge into the daily routines of the widespread susceptible population, lowering the incidence and preventing the recurrence of these dermatoses, our team carried out a course, Appreciation and Analysis of Cosmetics, in the form of both MOOC and SPOC.

Objective: The objective of this study is to evaluate the effectiveness of the course in improving the cosmetics using habits and behaviors of participants and the subsequent changes of skin condition.

Methods: We sent a questionnaire via e-mails to participants of MOOC and SPOC to assess their comprehension on cosmetics-related knowledge before and after courses and changes of their skin care behaviours and skin improvements after attending the course. Survey responses were collected by Wenjuan Website, a free online questionnaire platform, and data were analyzed by Kruskal-Wallis test and Spearman's rank correlation.

Results: Up to now, 3 MOOC semesters have been fully launched, enrolling 133, 653 learners in total whilst 39, 083 of them were course participants, and 896 participants acquired their certificates.

After participating the course, 99.31% SPOC respondents (143) changed their skin-care behaviours, higher than the 91.68% (573) of MOOC ($P = 0.005$). Most of MOOC (325, 50.39%) and SPOC respondents (102, 70.73%) considered skin condition improved and SPOC scores still were significantly higher ($P = 0.000$), among which 287 MOOC learners (45.92%) and 89 SPOC learners (61.81%) reported mild improvements.

Conclusion: Our course Appreciation and Analysis of Cosmetics in the form of MOOC and SPOC is proved an effective approach in imparting knowledge about cosmetics and dermatology and skin-care behaviors.

