

**Bellamy (2005). A systematic review of educational interventions for promoting sun protection knowledge, attitudes and behaviour following the QUESTS approach. Medical Teacher 27, 3, pp XXX-XXX**

**Table 2: Utility and setting of studies**

<b>Study No.</b>	<b>Intervention</b>	<b>Age-group targeted for sun protection*</b>	<b>Location</b>	<b>Intervention delivered to target group or to others</b>	<b>Country</b>	<b>Other information on target group</b>
1	6 session curriculum	4 <sup>th</sup> to 8 <sup>th</sup> grade	School	Target	USA	School children
2	2 interventions: Emotional or informational video	Adults	University	Target	Australia	University students
3	Modelling behaviour by lifeguards, posted feedback, posted goals, free sunscreen, raffle	Adults & children	Swimming pools	Target	USA	Swimming pool members
4	2 interventions: Low: written advice, postcard reminder High: as above plus pamphlets, baby sun hat, sun umbrella & sunscreen samples	Newborns	Home	Mother	USA	Mothers with new babies
5	30 minute lecture with question & answer session	Adults & high school	University & High School	Target	USA	University and high school students
6	1 hour presentation by dermatologist	Children (age unknown)	School	Target	USA	School children
7	45 minute session including 12 minute video	High school	High School	Target	USA	School children
8	3 <sup>rd</sup> to 5 <sup>th</sup> graders: 1 hour presentation including cartoon video & slide show plus 5 1 hour sessions to develop own teaching module followed by presentation to 1 <sup>st</sup> graders	1 <sup>st</sup> grade plus 3 <sup>rd</sup> to 5 <sup>th</sup> grade	School	Target	USA	School children
9	2 interventions: Standard: 30 minute lecture Intensive: 4 week educational program plus booklets & participatory activities	9-11 year olds	School	Target	Australia	School children
10	15 minute video, colour posters, colour slides, handouts & optional enrichment lessons	High school	High School	Target	USA	School children
11	4 different interventions: Pamphlets & workbook Pamphlets & workbook & video Pamphlets & workbook & activity designing poster	12-16 years	School	Target	UK	School children

12	As above plus discussion 5 lesson curriculum plus activities, take-home activities and a newsletter	4 <sup>th</sup> to 6 <sup>th</sup> grade	School	Target	USA	School children
13	Booklet, science projects, art activities & board games.	5-7 years	School & home	Target	USA	School children
14	Reading health-based essay, appearance- based essay or neutral control essay	Adults, 17- 23 years	University	Target	USA	University student volunteers
15	3 interactive class lessons	6-8 years	School	Target	Canada	School children
16	Single educational session, skin examination by dermatologist and pamphlets	Adults	Workplace	Target	Australia	Outdoor workers
17	Information leaflet left on flights	Adults & children	Aeroplanes	Target	UK	Travellers flying abroad
18	3 sessions each of 50 minutes	4-5 years	School	Target	USA	School children
19	Leaflet given twice	Adults, 30- 60 years	Hospital	Target	USA	Patients with non- melanoma skin cancer & helper
20	Education delivered by senior high students	3rd grade	School	Target	USA	School children
21	1 teacher-led lesson plus field experience led by university faculty	5 <sup>th</sup> to 6 <sup>th</sup> grade	School	Target	USA	School children
22	2 groups: single 90 minute lecture or lecture plus video, discussion & role-playing	Adults & children	School	Parents	USA	Parents of children aged 6 months to 10 years
23	Education via children's book	3 <sup>rd</sup> grade	School	Target	USA	School children
24	5 multidisciplinary units, student workbook, take- home activities & student/ parent newsletter	4 <sup>th</sup> , 5 <sup>th</sup> & 6 <sup>th</sup> grades	School	Target	USA	School children, 40% non-White
25	Mailed information packs, newsletters, newspaper articles, publicity at agricultural events, free sunscreen and hats	Adults	Home and community- wide	Target	USA	Rural farming population
26	2 interventions: 10 minute slideshows emphasising effects of sun on either appearance or health	Adults, 26- 43 years	University	Target	USA	University student volunteers
27	2 groups: single formal presentation or question & answer session	8-12 years	School	Target	Australia	School children
28	2 groups: single lesson including participatory activities or 1 day sun	4 <sup>th</sup> grade	School	Target	USA	School children

29	safety fair including 8 activity stations 6 week intervention with 3-5 minute presentations before swimming lessons plus take-home activities	4-11 years	YMCA swimming pools	Target	USA	Children attending private aquatics classes
30	Mailed sun safety messages with brochures, tip cards & newsletter using high or low intensity language	Adults & 5-11 years	Home	Parents	USA	Children identified from school and paediatric clinic records
31	School/ day care curriculum plus beach posters & sunscreen plus primary care promotion	6-8 years	School, day care centres, beaches, primary care offices	Target plus parents	USA	Whole communities exposed to intervention in 5 towns (& 5 control towns)
32	Recreation site activities, take-home booklets, incentives, free sunscreen	Adults & 6-8 years	Outdoor recreation sites	Target plus parents and outdoor staff	Hawaii	Children attending recreation sites & their parents & the staff
33	Interactive CD-ROM	4 <sup>th</sup> & 5 <sup>th</sup> grade	School	Target	USA	School children
34	Leaflet containing either a gain-framed message or a loss-framed message	Adults	Beach	Target	USA	Adults on beach
35	Curriculum including 2 or more lessons plus parent outreach using staff presentation then newsletters, fridge magnets, & balloons as reminders	2-9 years	School & home	Target plus parents	USA	School children
36	Staff workshops, information and activity packs for parents and children	1-5 years	Day care	Target plus parents and staff	USA	Children attending day care centres
37	Curriculum of 3 lessons	5 <sup>th</sup> grade	School	Target	USA	School children
38	5 year program with 2 interventions: Moderate: multi-component curriculum High: as above plus low-cost protective swimwear & summer vacation materials	5-6 years at start of study	School	Target	USA	School children
39	1 lesson each year for 3 years	8 <sup>th</sup> grade at start	School	Target	Australia	School children
40	4 week program presented as activities	9 years	School	Target	France	School children
41	Soccer coaches trained to act as role models on sun behaviour for children and parents	Adults	Soccer teams	Soccer coaches	USA	Children's soccer coaches and parents
42	3 different interventions:	Adults	Home	Target	France	Cross-section

	Humorous leaflet or Alarmist leaflet or Neutral leaflet					of population with telephones
43	Colourful text plus slide presentation plus activity booklet, sticker, pamphlet and raffle	4 <sup>th</sup> grade	School	Target	Canada	School children
44	Lesson(s) plus video	5-11 years	School	Target	UK	School children
45	2 interventions: Education only: Staff training, activities, take-home booklets & incentives Education & environment: Staff training, activities, take-home booklets & incentives plus sunscreen & shade	6-8 years	Outdoor recreation sites	Target	Hawaii	Children attending recreation sites, only 20% Whites
46	2 interventions: Interactive CD-ROM or Teacher-led lesson	3 <sup>rd</sup> & 4 <sup>th</sup> grade	School	Target	USA	School children in rural area
47	Children's activities, posted reminders, tip sheets & discount vouchers for sunscreen & hats	0-12 years	Zoo	Target plus parents	USA	Children attending a zoo
48	Staff training & as for study no. 44	Young adults	Outdoor recreation sites	Target	Hawaii	Outdoor recreation staff, only 5% Whites
49	Staff training, manual & 8 lesson curriculum to teach including interactive activities with children plus free sunscreen	Young adults	Outdoor swimming pools	Target	Hawaii & mainland USA	Outdoor swimming pool staff, overall around 60% Whites
50	2 interventions: Workbook or computer-based session	10-11 years	School	Target	UK	School children
51	15-25 minute interview with follow-up mailings at 8 months and 12 months	16-65 years	Beach	Target	USA	Beachgoers, 94% White
52	1-2 hour classroom lesson	5-12 years	School	Target	USA	School children
53	Educational discussion with a dermatologist	Children and adults	Baseball park	Target for adults and parents for children under 12 years	USA	Baseball game attendees
54	4 interventions: Leaflet plus information on UV index plus personal UV radiation indicator or leaflet plus personal UV radiation indicator or leaflet plus information on UV index or leaflet	18-37 years	Home	Target	Sweden	Random population sample

55	alone Assessment of skin sensitivity with targeted advice plus information leaflet plus use of photographs showing sun-induced pigmentation plus free sunscreen	Adults	Beach	Target	USA	Beachgoers
56	Didactic slide show by a nurse and dermatologist	4 <sup>th</sup> & 5 <sup>th</sup> grade	School	Target	France	School children
57	Lectures and small group discussions	Adults	University	Target	Canada	Medical students
58	Multi-component intervention including educational sessions, a video and an information leaflet	11-12 years	School	Target	UK	School children
59	Two 45 minute lessons on UV protection	16-19 years	School	Target	Sweden	School children, volunteering to teach school children, 89% female

\*Age-group stated follows the system used by the authors of each paper. 1<sup>st</sup> grade is approximately equivalent to 6 years old, 2<sup>nd</sup> to 7 years old, 3<sup>rd</sup> to 8 years old, 4<sup>th</sup> to 9 years old, 5<sup>th</sup> to 10 years old, 6<sup>th</sup> to 11 years old, 7<sup>th</sup> to 12 years old, 8<sup>th</sup> to 13 years old, 9<sup>th</sup> to 14 years old, 10<sup>th</sup> to 15 years old and 11<sup>th</sup> to 16 years old.  
Study numbers are as shown in table 1.