

**Supplementary Material 3: Screenshot of video explaining how eczema affects the skin barrier to provide a better understanding of eczema and a rationale for how topical treatments work**

**Eczema Care Online**  
Self-help toolkit

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**Introduction**

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**The skin barrier and eczema**  
Our skin is a natural barrier that stops things from getting into our bodies and keeps water in the skin. **In someone with eczema, this skin barrier works less well.** It lets moisture out, making the skin dry.

It also lets in things that irritate the skin, such as soap and washing up liquid. This can cause the skin to react, making it itchy and sore.

**Watch this video to find out more about the skin barrier in people with eczema.**

Click [here](#) for a text explanation of the video.

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