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## **Feasibility and acceptability of medical skin camouflage for recovery of women with self-harm scarring in prison**

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**Background:** Self-harm is a huge problem in UK prisons. Women comprise just 5% of the prison population, but are responsible for the majority of prison self-harm. Dealing with the effects of disfigurement from self-harm scarring has largely gone unaddressed; a paucity of literature exists on recovery and psychological effects on individuals.

**Purpose:** To test the feasibility of using medical skin camouflage (MSC) products in a prison environment; collecting outcome measures at baseline and six weeks; following women up at three months.

**Methods:** A pilot RCT; 20 women used MSC for six weeks, 20 were on the waitlist control. All women completed weekly self-harm diaries and several outcomes measures, including assessment of depression, hopelessness, suicidal ideation and self-esteem. Incidence of self-harm was assessed at baseline and post-intervention using prison records and weekly diaries. Qualitative interviews were conducted with all participants and will be transcribed and analysed using thematic content analysis. Quantitative analyses will be descriptive; including standard deviations and confidence intervals to inform sample size estimates for a future RCT. Follow-up was piloted at three months.

**Expected results:** We anticipate that women using MSC are likely to benefit from improved self-esteem, wellbeing and social relationships.

**Current stage of study:** 37/40 women have completed the study. Qualitative interviews are being conducted; data analysis will begin imminently.

**Discussion:** This is the first trial of MSC in a prison. The pilot will provide preliminary data on whether MSC may be a beneficial recovery-focused intervention for women who self-harm in prison.

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**Notes:**