

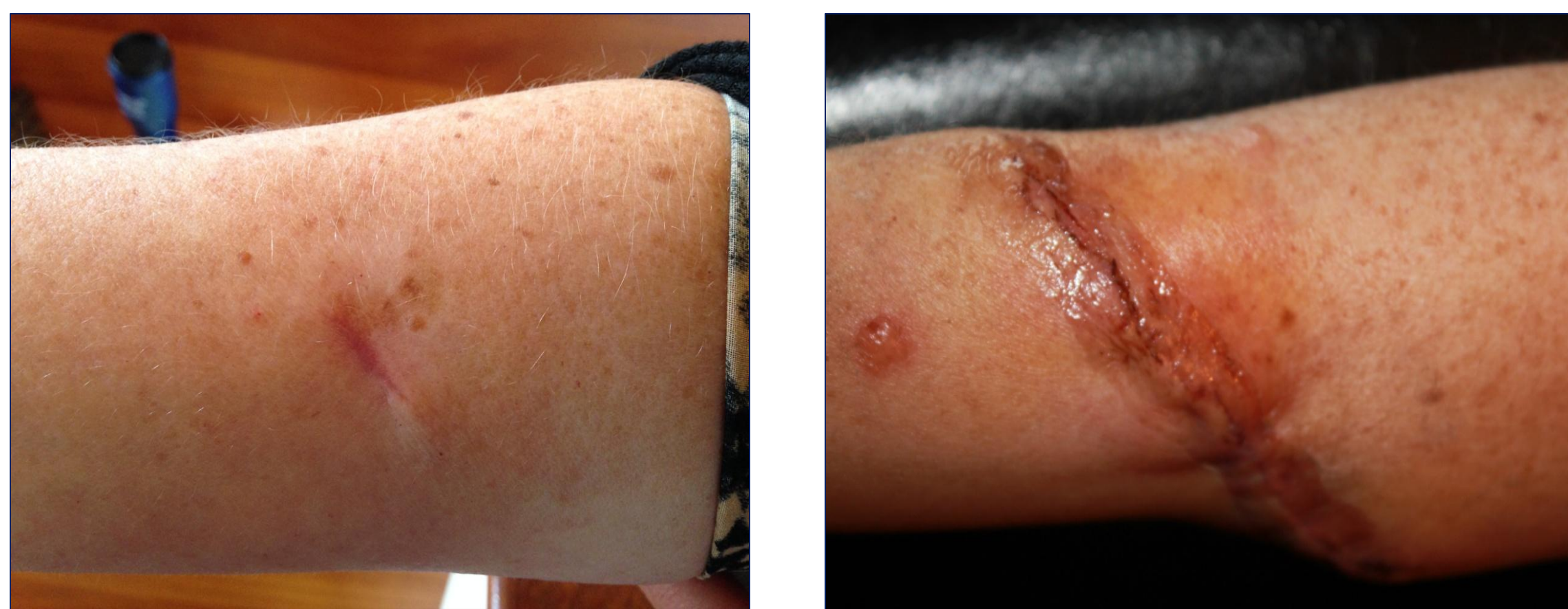
# SKIN CANCER AND TANNING BED USE IN THE YOUNG FEMALE POPULATION

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## Background

- Skin cancer from indoor tanning-beds has been rising over the past several decades.
- In the United States, out of 114,900 cases, 8,700 people died from melanoma in one year (Banerjee, Hay, & Greene, 2013).
- Factors contributing to skin cancer are:
  - increased use of tanning beds
  - increased time outdoors
  - better screening
- This is a knowledge-based problem with implications to clinical effectiveness.



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## Objective

The purpose of the critical review is to find peer-reviewed publications about the effects of the customers' rationalizations and motivations of tanning bed use and skin cancer development among young adult females.

## Methods

- Critical Review of the literature
- Sample: Three peer reviewed journal articles from 2010-2015
- Instruments to collect data
  - Cox proportional hazards models
  - Cognitive rationalization scale
  - Latent profile analysis

*Note:* The articles investigated the frequency and cognitive rationalization for tanning bed use, and the effectiveness of intervention efficacy in lowering tanning bed use.

## Results

Studies evaluated different aspects of tanning bed use and skin cancer incidence.

The results were congruent in the findings.

- Study 1: Frequency of tanning bed use among females during high school and college **increased** incidence of skin cancer.
- Study 2: Cognitive dissonance theory **correlates** with **cognitive rationalizations** for justifying tanning bed use despite knowledge of associated health risks.
- Study 3: Targeted interventions **significantly reduce** indoor tanning use, specifically among **low-knowledge** sub-groups.

## References

Banerjee, S. C., Hay, J. L., & Greene, K. (2013). Cognitive rationalizations for tanning-bed use: A preliminary exploration. *American Journal of Health Behavior*, 37(5), 577-586. DOI:10.5993/AJHB.37.5.

## Discussion

- The findings correlated the incidence of skin cancer and tanning bed use in the young female population.
- Research is needed to determine how best to communicate the damaging effects of tanning bed exposure to young females and alternatives to tanning beds.
- Research is needed to explore what motivates young females to use tanning beds.

## Acknowledgements

This project is sponsored by:

1. Jefferson College of Health Sciences
2. Carilion Clinic-Nightingale Award
3. STTI, Tau Phi Chapter, Roanoke, VA

The author would like to thank Cathy Welsch, Unit Director - 8W and Dr. Milena Staykova, JCHS

