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.

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.

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.

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.

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


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