

The increasing prevalence of chronic diseases in childhood makes new strategies for the long-term-management of these diseases necessary. With the example of two very different diseases such as cystic fibrosis (CF) and atopic dermatitis (AD) the specific strain on patients and their families could be demonstrated. For this purpose an interdisciplinary team consisting of psychologists and physicians have developed and validated new instruments to record the health related quality of life of chronically ill children, adolescents, und their parents. The substantiated clinical experience of the people involved and the close cooperation with patients in the development of the questionnaires created an instrumentarium which is highly accepted with the patients and families because they feel taken seriously with their concerns and problems. Since individual restrictions due to a disease such as CF for example are insufficiently documented by physiologic parameters such as lung function, the assessment of the health-related quality of life becomes an important additional outcome-variable for clinical studies in the evaluation of new therapies. The here described training programme for children and adolescents with AD and their parents showed to be highly effective. This positive effect in both studies has been proven evident even after 12 months. So it can be assumed that it has lead to a long lasting behavioural change and a persistent relief in the families. Regarding self-responsible health- related behaviour, positive coping strategies, and acceptance of the disease, training programmes for children and parents are of high effectiveness.