

Title: Acne vulgaris: prevalence, severity and impact on quality of life and self-esteem among secondary school-aged adolescents in Egypt.

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Acne vulgaris has a great importance among the dermatoses that affect adolescents, in view of its prevalence in this age bracket and its impact on quality of life (QoL). Objectives: to estimate the prevalence of acne, severity and its impact on Qol and self-esteem among adolescents in Alexandria, Egypt.
A cross-sectional study was conducted, where 787 students were selected using multistage stratified random sampling from twelve (six private and six public) secondary schools in Alexandria, between February and May 2016. Data collection was performed using self-reported questionnaire and clinical examination. Severity of acne, its impact on QoL and self-esteem were assessed using Global Acne Grading System (GAGS), Cardiff Acne Disability Index (CADI) and Coopersmith self-esteem scale, respectively.
The study population consisted of 396 boys (50.3%) and 391 girls (49.7%), with a mean age of 16.31±0.725 years. Prevalence of self-reported acne was 34.7%. Females reported acne more frequently than males (39.1% vs. 30.3%, p=0.009). Prevalence of clinically-confirmed acne was 24.4%, with higher rates among females (28.6%) than males (20.2%, p=0.006). A higher proportion of students in private schools (29.6%) compared with those in public schools (19.6%) had acne (p=0.001). 75.5% of students had mild acne, 22.9% had moderate acne and 1.6% had severe acne. The severity of acne was similar in both genders. No association was found between self-esteem and acne, nor with acne severity. The CADI showed that 49.0% experienced mild impairment and 11.4% had severe impairment. The overall mean CADI score was 4.95±3.21.There was a significant medium positive correlation between GAGS and CADI (r=0.338, p=0.00).
Our findings should alert health professionals and school authorities to timely identify, manage and educate adolescents with acne.

Biography

- Noha Fadl has got Bachelor Degree of Internal Medicine and Surgery, MBBCh, October 2012, Faculty of Medicine, Alexandria University, Egypt with Excellent Degree. She has completed her Master Degree of Public health (Adolescent and School) with thesis title (***Prevalence of Acne and its Impact on the Quality of Life among Secondary School Students in Alexandria***). Currently, she is a Demonstrator of Adolescent and School, Family Health Department, High Institute of Public Health, Alexandria University since November 2014- up to date. She is the Principal Investigator (PI) of a research project in collaboration with ***The Eastern Mediterranean Regional Office*** **of the World Health Organization (WHO),** 2017 (in progress).

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