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Epidemiologic study about acne

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Abstract

Introduction: Acne is usually considered a disorder of adolescence, and a number of studies have examined the prevalence and the causes of this condition in the adolescent population. The aims of our study are to identify the main causes of acne, and what factors make it scar and also to take some information about treatment, and social impact of acne.

Methods: Across sectional observation design conducted in Al-Quds University students. Total of 100 students completed questionnaires, the questionnaires consisted of general questions about the life style and nutrition; also consisted of many questions about the causes of acne, severity, treatment, and the social impact of acne. The finding of the study was discussed with other results. Statistical package for social science (spss) version 16 was used for data entry and analysis.

Results/findings: Acne was found in 57.8% of the studied sample, female have more chance to develop acne then men, 69.9% of acne people in our sample are female. Regarding the causes of acne, 96.6% of the studied sample have acne during stress, in 76.3% of acne people have a family history of acne, in 71.7% of females have acne during menstrual cycle, in 79.6% of acne people their acne increase and become scare after eating fatty food, in 76.8% also their acne increase after scratching it, and after shaving acne increase in 73.2% of the acne people. In addition to that, in 49.2% of the acne people their acne was concentrated in the face, only 8.5% in the back, and 42.4% in more than one region. In most acne people 26.7% of their acne was moderately distributed and only 8.5% have severe acne. According to the treatment, 42.4% have visited a doctor, and only few people19.2% that have large improvement after treatment, 34.6% of acne people say that the cost of treatment including drugs is expensive, and for 42.3% the cost of treatment was moderate. Acne affect people lifestyle in 56.00% of acne people, 45.7% fell depression and upset because of acne.

Conclusions:
Stress, menstrual cycle, and family history are the major causes for acne, and there are many factors that increase the severity of acne, also we can conclude that acne affect people lifestyle.

Biography

Muath A.H. Eideh is 6th year medical student. He will graduate in June 2013 from faculty of medicine, Al-Quds University, Palestine. He is interested in doing medical research especially in dermatology. Mr. Eideh is looking for an