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Skin care routine among female medical students at king abdulaziz university hospital (KAUH), Jeddah, Saudi Arabia

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Objective: To Assess Attitudes and behavior of female medical students related to facial skin care routine and to study factors that influence buying-decisions of skin care products.

Study design: Cross-sectional study.

Setting: King abdulaziz university hospital.

Subjects and Methods: Self-administered questionnaire was conducted randomly to 301 female medical students from February 2016 to May 2016. Descriptive analysis was done for all the data in order to obtain the frequencies and percentages needed

Results: Results indicated that majority of students (76.7%) do not follow regular skin care routine, Further analysis indicated that (66%) don't use sunblock and (29%) reported to have history of sunburn. Most commonly used skin products were body lotions and moisturizers (74%). The use of makeup was obviously higher than the use of skin care facials. Among the study sample, factors that were distinguished as being the evaluative criteria to participants when buying products were greatly affected by brand of product (68.7%) followed by friend's recommendations (51.3%), one of the factors that can have an effect on buying behaviour is the price of a product, our Students had a little concern regarding price (32%) in comparison to other factors. Results also revealed that majority of respondents never cared to check ingredients of their products (48%).

Conclusion: Our society needs to be more educated about the importance of getting a proper skin care routine, further studies with wider distribution of the questioner in different cities and to different age groups is advisable.

Biography

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