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**A comprehensive health impact assessment and determinants of quality of life, health and psychological status in acne patients**

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**Background:** Acne adversely affects all aspects of quality of life (QoL). Although many papers assessed acne-specific QoL impairment, there are few data on its impact on general health and psychological status. Apart from acne severity, little is known about determinants of a worse QoL.

**Objectives:** Measurement of acne impact on QoL, health and psychological status. To analyse the relationship between socio-demographic variables, disease severity and mental status on QoL of acne sufferers.

**Methods:** Acne cases were selected from a survey conducted in 2010. The Short-Form 12-Item Health Survey and the Skindex-29 were used to assess health status and QoL. The 12-Items General Health Questionnaire was used to identify individuals at risk for non-psychotic psychiatric disorders (GHQ-positive). Physician (PhGA) and patient global assessments were obtained. We investigated the variables involved in the QoL through a logistic regression analysis.

**Results:** 195 cases were analysed. 26% were GHQ-positive, reporting an impact on health status due to acne worse than other chronic diseases. Males rather than females reported a poorer QoL. A GHQ-positive status (Skindex-29 overall: OR 2.6; 95% CI 1.20-5.60,  $p < 0.05$ , functioning: OR 2.5; 95% CI 1.17-5.44,  $p < 0.05$ , symptoms: OR 3.0; 95% CI 1.36-6.53,  $p < 0.01$ ; emotions: OR 2.55; 95% CI 1.19-5.46,  $p < 0.05$ ) and having a severe/very severe PhGA (Skindex-29 overall: OR 3.4; 95% CI 1.20-10.38,  $p < 0.05$ ) were associated with a poor QoL. Age of onset  $> 25$  was linked to being GHQ-positive (OR 2.92; 95% CI 1.2-7.1,  $p < 0.05$ ) controlling for gender, marital status and educational level.

**Conclusions:** Acne is not a minor disease in comparison with other chronic conditions. Age of patient is capable to influence GHQ status which in turn affects QoL.