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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 respect 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.