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## Psychological impact, treatment beliefs and outlook towards acne

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**Background:** Acne vulgaris is a chronic inflammatory disease affecting majority of the adolescent population. It has been shown to have a severe impact on the psychosocial well being of a person.

**Objectives:** To assess the psychological impact of acne vulgaris, to analyze their beliefs and outlook about treatment of acne.

**Materials & Methods:** A total of 390 cases of acne attending a government tertiary hospital and private skin clinic were analyzed. After obtaining their consent each of them were handed a self administered questionnaire and their grade of acne noted by the investigator. Patients were analyzed using Cardiff Acne Disability Index for their psychological impairment and another set of questions to determine their beliefs on cause, monthly budget for treatment and preference for topical and oral medications in treatment of acne.

**Results:** Out of 390 cases 194 (49.7%) were males and 196 (50.3%) were females. Majority (364-93.33%) of them were students. Of these 390 cases, 321 (82.3%) had either Grade-1 or Grade-2 acne while there were only 9 cases of Grade-4 acne. With regard to the CADI scores 59 cases had a score of >8, signifying psychological impact on due to acne. However, the overwhelming majority (84.87%) had a CADI score <8. This is in contradiction to most studies conducted worldwide. A large number of respondents said that they had acne on and off but persistent acne for more than a year was noted in 121 (31%) cases. Despite this 206 (52.82%) cases had never sought treatment for acne. In the remainder of 184 patients (47.17%) who took treatment, 82 of them had used the medication based on an advertisement, friend's suggestion or an over the counter product. It was quite naturally that 110 (59.78%) cases were not satisfied with the treatment. Even though 102 cases were treated by doctors only 50 had been explained about the usage of medicines and course of the disease which is very important to maintain adherence in acne therapy. When questioned about the cost of therapy, 136 (34%) respondents said they would not want to spend more than INR 300 per month for treatment of acne. 144 (37%) patients said they wished to use only a night cream for their treatment. 276 (71%) patients considered, dermatologist was the right person to treat acne followed by their family doctor (13.58%). Acne was considered to be a cosmetic problem by 149 (38.2%). 214 (54.87%) cases felt their acne was due to hormones. 169 (43.33%) cases attributed their flare in acne to stress.

**Conclusion:** This study shows that the psychological impairment due to acne is not as severe compared to western literature. It is important to take into account the cost of therapy and mode of therapy while treating acne. It is necessary to counsel the patient with regard to course of the disease and usage of medicines to improve the compliance and outcomes.

## Biography

Sushruth G Kamoji graduated (MBBS) from Jawaharlal Nehru Medical College, Belgaum and went on to pursue his Post Graduate Diploma in Dermatology from the prestigious Madras Medical College, Chennai. After completing his Post Graduation, Dr Sushruth G. Kamoji went on to do his Fellowship in Dermato-Surgery from the renowned Post Graduate Institute of Medical Sciences (PGIMER), Chandigarh. Dr Sushruth now works as a Resident Dermatologist at a Govt. medical college – Belgaum Institute of Medical Sciences, Belgaum.

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