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RESEARCH ARTICLE

SURVEILLANCE AMONG ADULTS TO ASSESS KNOWLEDGE AND ATTITUDE TOWARDE ACNE VULGARIS IN SAUDI ARABIA.

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Abstract

Background: Acne vulgaris is an important health problem among adolescents and young adult. It is affecting 9.4% of the world population.

Objective: to determine the awareness and knowledge of acne among adults in Saudi Arabia. Methods: we conducted a cross-sectional design 200 responded to the questionnaire. A questionnaire distributed among Saudi population through a social media. Result: 47.5% suffered from acne. Genetic factor 87% had the highest percentage as a cause of acne followed by stress 85% then cosmetic products 84%. While food 81.5%, sun 51% and obesity 44.5%. Repeated frequent medication use was thought to improve acne in 24.5%, while 84.5% thought it is infectious disease. Acne was believed to be a serious health problem by 20%. Regarding the effect of acne on work performance was reported by 27% of the respondents, 84% agreed about its effect on appearance and 67.5% agreed about its effect on social life, 32.5% think that acne affect only the face .Conclusion: The study revealed that there is an actual defect in the general knowledge about acne regarding its causes..

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Introduction:-

Acne vulgaris is an important health problem among adolescents and young adult. It defined as a polymorphic eruption due to chronic inflammation of the pilosebaceous apparatus characterized by comedones, papules, pustules, cysts and scars that confined to the face, shoulders, upper chest and back.⁽¹⁾ The Prevalence of Acne vulgaris varies between 50%^(2,3) to 80%^(4,5) among different populations in different studies.

Acne vulgaris is also associated with greater physical, psychological and social distresses and the quality of life can be severely affected in sufferers^(6,7). A cross-sectional study conducted in UK among 111 acne patients referred to a dermatologist reported levels of social, psychological and emotional problems were as great as those reported by patients with chronic disabling asthma, epilepsy, diabetes, back pain or arthritis.⁽⁷⁾

Despite its high prevalence and the associated negative effects, many people have a lot of wrong beliefs and misunderstandings about their condition.^(2,8,9) Adding to that, a study conducted in Aseer, Saudi Arabia found that there are no major differences in the beliefs, perception and psychological impact of acne patients from a developing

society compared to more developed societies. ⁽¹⁰⁾

Although Acne represents a common health problem among all age group, however, few studies have been conducted about this important problem among general population in Saudi Arabia.

The objective of the study was to determine awareness and knowledge of acne among adults in Saudi Arabia.

Methods:

This is a cross-sectional design included 200 participants. A questionnaire design in Arabic language was distributed among Saudi population through social media (as twitter and what's up). The

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SPSS program.

Results:-

In our study we take 80.5% female, 19.5% male with average age group (13-18) (4.5%), 60 % (19-25), 19% (26-30), 16.5% (more than 31) with different educational level 5% illiterate, 1.5% intermediate school, 11% high school, 77% university education with different financial status, 54% average economic situation, 35% excellent economic situation, 11% good economic situation and whether they have acne or not it was 52.5% doesn't have acne, 47.5% with acne.

- ❖ According to type of skin it was 42.5% have combined skin, 27% oily skin, 17.5% normal skin, 13% dry skin and according to what they prefer to use 51% prefer cream, 31.5% using lotion, 17.5% using gel.
- ❖ 85% say that there is a relation between stress and acne, 15% say it is not.
- ❖ 87% say they think there is a relation between acne and hormonal or genetic factors, 13% say there is no relation.
- ❖ According to obesity 44.5% think there is a relation between obesity and acne, 55.5% thinks there is not, 50.5% say there is a relation between poor hygiene and acne, 49.5% say there is no relation.
- ❖ 67.5% say that having acne is affecting their social life, 32.5% say it is not.
- ❖ 73% find that having acne is not affecting their performance at work, 27% it is.
- ❖ 81.5% find there is a relation between their food and acne but 18.5% find it is not.
- ❖ 51% think there is a relation between sun and acne, 49% think it is not
- ❖ 84% think that there is relation between acne and some of the cosmetic products, 16% think it is not.
- ❖ 84% say that acne affect their appearance 15.5% say it is not
- ❖ 84.5% think that acne is infectious disease, 15.5% think it is not
- ❖ 80% say that acne is not affecting their health, 20% they say it is.
- ❖ 67.5% say that they think acne is not affect only the face, 32.5% say it is
- ❖ 75.5% they think that using their medication more frequents will not increase their chance of healing, 24.5% think it is.

Discussion:-

Acne is a common problem among teenagers. Because of puberty and hormonal changes that is happening. Teens will find ways to counteract this problem since teenage years is the time when an adolescent builds up his self-esteem and acne is a major hindrance to this.

The aim of this research is to clear out the misconceptions about the causes of acne and inform the readers about it. In this research also are the recommendations for preventing and treating acne.

The relationship between acne and aging has several facets it is well known that acne typically starts at certain age around puberty and tend to either resolve or diminished in early to mid twenties. But here in our study we find that average age group 4.5% (13-18) 60.0% (19-25) 19% (26-30) 16.5% (more than 31) and as it well known that acne more common in women here in our study confirmed by 80.5% female 19.5% male that it is more related to hormones . As there is connection between acne and type of skin usually in our study we find 42.5% have mixed

skin 27.0% oily skin 17.5% normal skin 13.0% dry skin according to what they prefer to use 51.0% prefer cream 31.5% lotion 17.5% gel, while it is hard to say that stress is a known cause of acne but it can aggravate acne as we find 85.0% say that there is a relation between stress and acne 15.0% say it is not. A high glycemic diet which can lead to obesity seems to trigger both acne and insulin as we find 44.5% think there is relation between obesity, while 81.4% find there is relation between their food and acne. A lot of people have heard that acne is caused by dirty skin actually we find 50.5% say there is a relation between hygiene and acne in fact washing skin too frequently and too aggressively can make an acne breakout much worse. Acne resulting from sun exposure can be linked to simple sun sensitivity or may be sign for more serious conditions but here in our study we find 51% think there is a relation between sun and acne 49% think it is not.

Many makeup artist will say that makeup should be used to enhance your best traits not hide your perceived flaws that's easy when you have clear skin but for those who haven't found makeup is the best acne treatment unfortunately makeup can cause acne, blackheads, whiteheads and inflammations. Here we find 84% think that there is relation between acne and some of the cosmetic products. Finally 84.5% say that acne affect their appearance 15.5% say it is not.

Conclusion:-

The study revealed that there is an actual defect in the general awareness about acne regarding its causes and it is revealed that 47.5% of population (answers) was suffered from acne, which means there is a need to institute society health education programs to enable the adolescents to learn and get the right knowledge and how to handle the acne issues. Education about acne prefers to start at young ages and at students' level which they can understand and recognize their needs, thus should be provided in intermediate and high schools.

As the main target in education about acne is the adolescents, a suitable family education program should be constructed too.

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