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Assessment of knowledge, perception and impacts of acne vulgaris among Saudi community

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Background: Acne vulgaris is one of the most common dermatological diseases that affect young people. The etiology of acne vulgaris is dependent on genetic factors and environmental and psychological stress that impact the quality of life.

Objectives: Evaluating the knowledge, perception and impact of acne vulgaris among Saudi Community and its association with demographics of included subjects.

Methods: A questionnaire based on cross-sectional study was distributed among 452 adult populations from KSA for assessment of demographics of included subjects, knowledge and awareness of acne risk factors, health belief and preventive behavior.

Results: Most subjects were aged 46-69 years old. Most of participants were females, married and highly educated. The prevalence of acne was 12%. Genetics and psychological stressors were the most important risk factors for acne. The level of knowledge was about acne and its risk factors were found to be good in 62% of subjects. The level of knowledge was significantly associated with higher education and female gender. The most common reported psychological effects of acne were embracement and depression.

Conclusion: A high level of awareness about acne was found among most of the participants and it was significantly associated with female gender and higher education levels. The prevalence of acne was low (12%) however it cannot be generalized all over KSA. Acne critically impacts the social behavior, increased depression among patients.

Biography

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