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INTRODUCTION

According to the Objectifs Peau project, the prevalence of adult acne is 7% in France. Acne is probably the most common dermatosis in both young people and adults. While the impact of acne in adolescents has been extensively studied, the assessment of the impact of acne in adults has been less studied. It is clear that these adults need treatment adapted to their situation.

MATERIAL & METHODS

Population-based study using a representative sample of the general population aged ≥18 years from six countries (Canada, China, Italy, Spain, Germany, and France). All participants were asked to fill in a digital structured questionnaire. We inquired about the presence of skin disease their eventual localisation

RESULTS

A total of 13,138 adult participants responded to the questionnaire (2,011 Canadian, 3,050 Chinese, 2,000 French, 2,000 Italian, 2,040 Spanish and 2,037 German). Among these participants, 26.2% (n=3,450) suffering from skin diseases, including, acne (7.61%; n=1096). We isolated 606 individuals who did report exclusive acne over the last 12 months. Fifty-nine percent were women; the average age was 29.98 ±12.29.

The 2 most frequently reported locations were the cheeks (63%) and the front (58%), and 35% reported a location on the nose. A total of 18.0%, 26.1%, 14.7%, 27.2%, 17.0% and 12.0% stated that their facial injury was a handicap in their professional life, emotional life, family life, social relations, leisure time and sporting activities, respectively. 31 percent think that their personal life would have been different in the absence of their face injury (21.4% for their professional life). Fifty-five percent said that they had tried to hide the condition (84.1% using corrective make-up).

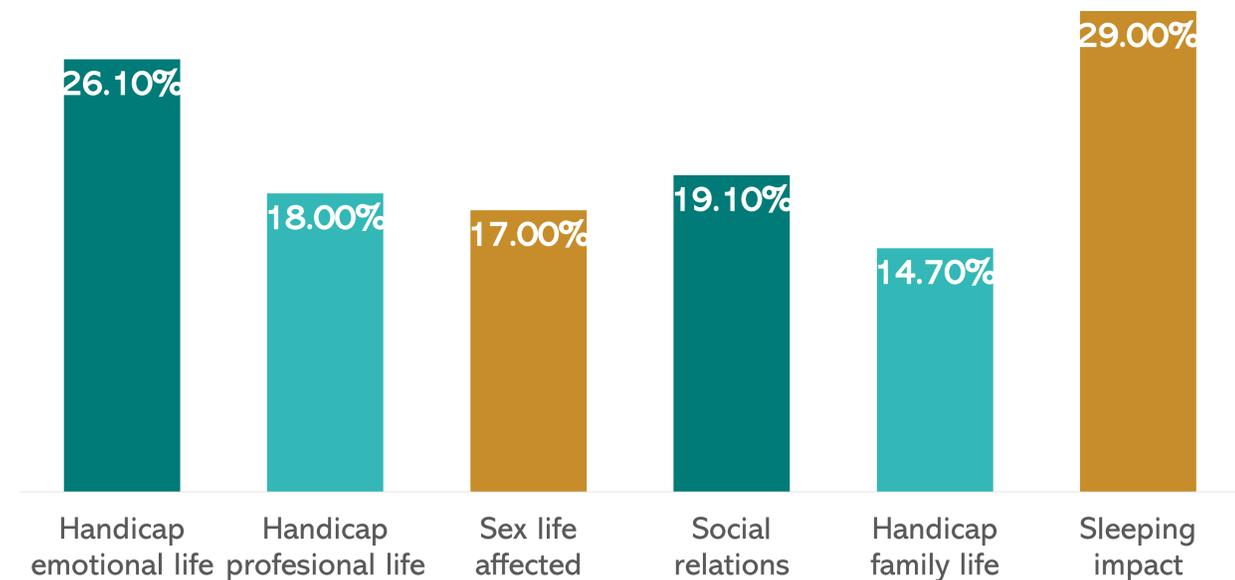
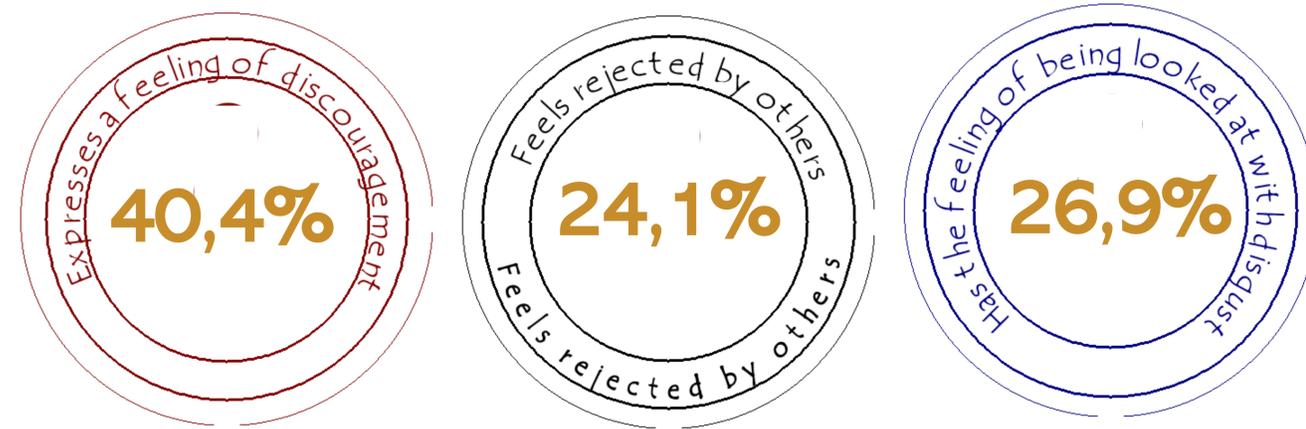
Seventeen percent considered their sex life to be affected, and 19.1% believed that the condition caused difficulties in their relationship. Twenty-nine percent admitted to having difficulties sleeping, and 38.1% reported being tired. In terms of stigma, 24.1% of people with acne felt rejected, 26.9% felt looked upon with disgust, and 40.4% expressed a feeling of discouragement.

While the average DLQI and Face-Impact scores were 4.9±5.5 and 21.7±21.5, respectively, they increased to 9.2±6.6 and 41.7±20 when the subject felt disgusted and to 10.1±7.1 and 42.9±20.1 when the subject felt rejected.

40.3% reported consulting a health professional (67.2% a dermatologist, 25.4% a GP, and 13.5% a pharmacist).

51.1% of those who did not consult a health professional considered their acne to not be severe enough.

30.53 percent admitted to using alternative and complementary medicine. In this case, 31% preferred essential oils and 19% herbal medicine, and 32% practise yoga. Seventeen percent say they use meditation



DISCUSSION

Our study recovers the prevalence of adult acne from the Objectifs Peau project. It shows; moreover, in a sufficiently robust group [which allowed the identification of patients suffering only from acne] that the impact in terms of quality of life and daily burden of acne in adults is far from negligible. The impact on quality of life is strongly related to the experience of the individual patient but the stigma of patients and the feeling of rejection is very real.