

Use of meditation: what about in dermatology?

Data from the All Skins-All Colors-All Dermatoses: the ALL PROJECT

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INTRODUCTION & OBJECTIVE

Meditation is an age-old practice that has gained popularity in recent decades due to its many benefits to health and well-being. It offers a holistic approach to managing illnesses, particularly those of the skin. Meditation involves focusing the mind and increasing awareness of the present moment. It promotes deep relaxation, reduces stress and anxiety, and improves sleep quality. These positive effects have a significant impact on general health, including skin health. Chronic stress can aggravate skin problems such as acne, eczema, psoriasis and other skin conditions. Meditation helps to reduce stress by regulating the nervous system and lowering levels of the stress hormone cortisol. As a result, it can reduce the inflammatory symptoms associated with many skin conditions.

MATERIAL & METHODS

The ALL PROJECT involves 50,552 individuals, representative of the adult populations of 20 countries spread over all five continents. In each of the 20 countries surveyed, we conducted a population-based study on representative and extrapolable samples of the general population aged 16 years or more.

After identifying individuals with skin disease, we asked about the use of meditation for skin disease.

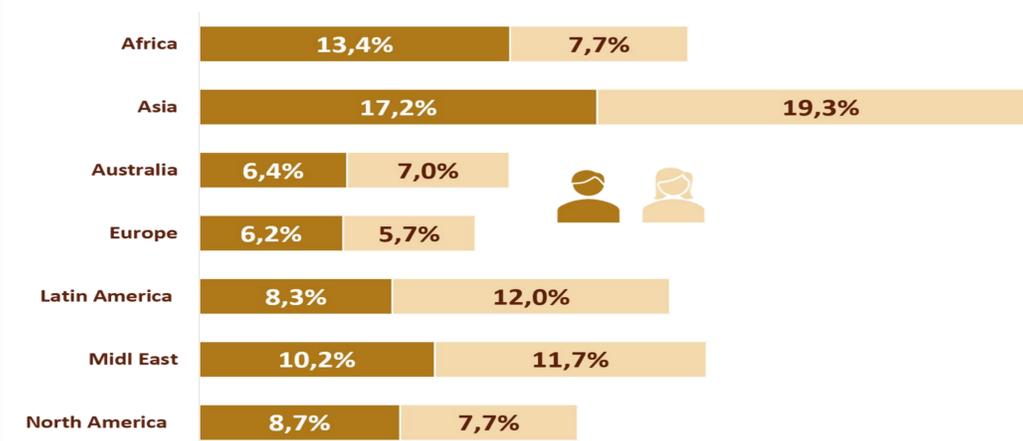
RESULTS

A total of 17,627 individuals claimed to have a skin condition diagnosed by a doctor, for a prevalence of 34.86%. Of these, once weighted by the demographic weight of each country: 15.3% (n=1653) confirmed the use of meditation for the management of their skin disease. No gender difference was observed [male: 14.6% vs female 15.9%, p value: 0.33]. On the other hand, meditation seems to be a generational issue; in fact, 19% of the 16-39-year-olds acknowledge the use of meditation for their skin disease and 11.5% of the 40-year-olds and over $P < 0.00001$.

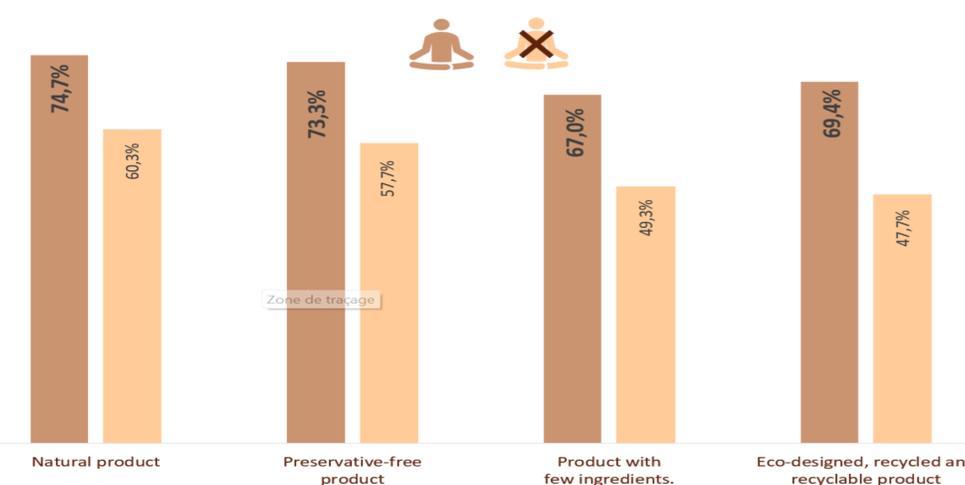
There are undoubtedly cultural differences between the major regions of the world. From Europe, where the prevalence of meditation is lowest (6%), to Asia, where the prevalence is 3 times higher (18%).

Moreover, we observe that if 80% of the patients who do not use meditation declare that they have never been in contact with a patient association, they are only 43% of those who claim to use meditation. Similarly, while 17% of those who use meditation admit to having consulted a psychologist in connection with their skin disease, only 3.75% of the others have done so. Thirteen percent of nonmeditation respondents claim not to feel the need to discuss their illness, compared to 3% of those who claim to use meditation.

Compared with the population that does not use meditation, the reference population systematically (and significantly, see figure) favours natural, preservative-free, low-ingredient and eco-friendly products.



Important criteria when choosing a product for their skin



DISCUSSION

It is noteworthy that individuals who use meditation for their skin condition are more likely to have been in contact with patient associations and have sought psychological support compared to those who do not use meditation. This indicates a potential link between meditation, engagement with support networks, and holistic approaches to well-being. Additionally, individuals who use meditation are more likely to express a need to discuss their illness, highlighting the potential benefits of meditation in fostering open dialogue and emotional well-being among patients.

Overall, these findings underscore the growing recognition of meditation as a viable approach for managing skin conditions, regardless of gender. The generational differences suggest a need for targeted interventions and awareness campaigns to promote meditation as a beneficial strategy for individuals of all ages dealing with skin diseases.