



ACNE, ROSACEA, AND RELATED DISORDERS (INCLUDING HIDRADENITIS SUPPURATIVA)

## ACNE IN LOMÉ, TOGO: CLINICAL STUDY AND QUALITY OF LIFE OF PATIENTS

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Background: Acne is a chronic inflammatory condition affecting the pilosebaceous follicle that mainly affects adolescents and young adults.

Objective: The aim of this study was to assess the quality of life (QOL) of patients with acne, and to determine the correlation between the QOL and the severity of acne, in Lomé (Togo).

Materials and Methods: From July 2017 to February 2018, we conducted a study in three dermatology departments of Lomé. The clinical evaluation of acne and assessment of the QOL were done using the ECLA (Echelle de Cotation des Lésions d'acné) and CADL (Cardiff Acne Disability Index) scores respectively.

Results: We enrolled 300 patients aged 12 to 52 years; 71.3% of whom were female. The face was affected by acne in 100% of cases and papulopustular acne was the most common clinical form (66.7%). Acne was mild to moderate in 162 patients (54%) and severe in 138 (46%). Impairment was observed in all patients' QOL (scores ranged from 1 to 14 points). There was a positive correlation between severity of acne and QOL impairment in the patients ( $r = 0.21$ ;  $p = 0.0002$ ). We also found a positive correlation between overall CADL score and factors F1 and F3 of the ECLA scale: the severity of facial acne ( $r = 0.15$ ;  $p = 0.0073$ ) and the presence of scars ( $r = 0.21$ ;  $p = 0.0002$ ). In contrast, the global ECLA score was significantly correlated with items 2, 3, and 5 of the CADL questionnaire: the patient's relationship ( $r = 0.13$ ;  $p = 0.0241$ ), avoidance behaviors ( $r = 0.21$ ;  $p = 0.0002$ ) and perception of acne ( $r = 0.16$ ;  $p = 0.0067$ ).

Conclusion: Acne negatively impacts the QOL of patients. The severity of acne has an impact on the patient's relationships, avoidance behaviors and perception of the acne.

