



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

DEPENDENCY BETWEEN ACNE VULGARIS AND PATIENT'S QUALITY OF LIFE

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Introduction: Acne vulgaris is a common dermatological disease affecting the quality of life in patients.

Objective: This study was aimed to assess dependency between different grades of Acne vulgaris, duration of the disease and quality of life among the Bulgarian patients.

Materials and methods: The prospective study for a period of four months included 49 female patients between 16 and 40 years old with different grades of Acne vulgaris according to Global Acne Grading System. Cardiff Acne Disability Index (CADI) and Dermatology Quality of Life Index (DLQI) questionnaires were used to demonstrate correlations between severity, duration of the disease and impact on the quality of life among the participants. The program Statgrafics Plus was used for analysis of the results.

Results: The mean age of the study group was 25 ± 6 years. The disease started at 16.14 ± 3.97 and it was 8.79 ± 5 years in duration. According to the severity, 4% of the patients were mild, 14% mildly heavy, 53% severe and 29% were with very severe disease. Mean CADI score is 9.16. Acne vulgaris leads to medium impact in quality of life, correlated with the severity of the disease ($p < 0.01$). According to CADI there is correlation between the duration of acne and the quality of life of patients ($p < 0.05$). Measured DLQI values (vs. 9.18) indicates that the disease has a moderate effect on patient's life. There is a dependency between DLQI values and the severity of the disease ($p = 0.01$). A correlation between the results were obtained by filling the two questionnaires ($p = 0.03$).

Conclusions: This is the first study in Bulgaria using both CADI and DLQI to prove the negative effect on the quality of life of patients with the heavier forms of Acne vulgaris defined according to GAGS.

