



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

EFFICACY AND SAFETY OF ORAL FLUOXETINE PLUS ORAL DOXYCYCLINE V/S ORAL DOXYCYCLINE IN THE TREATMENT OF ACNE EXCORIEE – PROSPECTIVE DOUBLE-BLIND, RANDOMIZED CONTROLLED STUDY

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Introduction: Acne excoriée or Acne des jeunes filles or picker's acne is a self-inflicted skin condition in which the sufferer has an urge to pick real or imagined acneiform lesions which results in worsening and spreading of the acne. Acne and self excoriative behaviour are exacerbated by psychological stress.

Material & methods: 60 patients with acne excoriee were enrolled and randomly divided into two groups A and B of 30 each and assigned for treatment with oral fluoxetine (20mg/day) with oral doxycycline (100mg/day) in group A and oral doxycycline (100mg/day) with placebo tablet in group B respectively. Acne excoriee severity index (AESI), Hamilton Anxiety Rating Scale (HAM-A), Montgomery Asberg Depression Rating Scale (MADRS), Yale Brown Obsessive Compulsive Scale (YBOCS), Visual Analog Scale (VAS) and Physician Global Assessment Scale (PGA) were used for monitoring response to therapy and improvement in psychological profile of patient upto 12 weeks, and thereafter monthly follow-up was done to find duration of remission. Side effects if any were recorded.

Results: Mean AESI of group A and B was 72.8, and 69.3 at baseline, which reduced to 6.35, and 48.76 respectively at end of 12 weeks. Difference was extremely significant for all the calculated scores between the two groups ($P < 0.001$).

Conclusion: Efficacy of fluoxetine in reducing the urge to pick and decreasing the excoriations is very high and therefore reducing the anxiety depression associated with it. Significant reduction in the excoriee pigmentation occur due to reduction in pruritus habit.

