



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

## SKIN CONFIDENT: A SKIN HEALTH AND ACNE EDUCATIONAL PROGRAM THAT IMPROVES ACNE QUALITY OF LIFE MEASURES IN ADOLESCENTS

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**Introduction:** Acne is a ubiquitous problem facing adolescents with known negative psychological consequences. There is an unmet community need to provide high quality, unbiased, and effective education to youth on acne and skin health.

**Objective:** We sought to determine if a short duration didactic presentation on skin health and acne (the intervention) could improve acne related quality of life measures in adolescents.

**Method:** There was a prospective longitudinal cohort with surveys conducted before and 4 weeks post-intervention in two independent settings (high school and community). The intervention was delivered to five high school classrooms (57 respondents for each survey, 55.3% response rate). Five Girl Guides of Canada Pathfinders groups participated in the community setting (23 respondents, 47.9% response rate). The intervention consisted of a 45-minute standardized slide-based presentation on skin health, acne, self-esteem, and evidence-based skin care (available at [www.skinconfident.ca](http://www.skinconfident.ca)). The survey included the Acne-QoL scale which measures 4 domains (self-perception, social roles, emotional roles, and acne symptoms), self-reported global acne severity (GAS), and skin care practices.

**Results:** Four weeks after participation in the skin confident program, there was a statistically significant decrease in summed Acne-QoL scores signalling an overall improvement. Analyzing the Acne-QoL subdomains showed a statistically significant improvement in self-perception, emotional and acne symptoms post intervention. Self-reported GAS improved in high school students.

**Conclusion:** The Skin Confident educational initiative improved acne related quality of life measures and global acne severity ratings. This proves the power educational programming can have in improving how youth feel about themselves and their acne. This presentation and a corresponding script are available for free download. We will be training educators in high schools to deliver this program within their own classrooms. This is a





sustainable way to incorporate accurate information on skin health and acne into the Canadian high school curriculum.

