



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

THE RELATIONSHIPS OF ACNE VULGARIS PREVALENCE AMONG ADOLESCENTS IN SURAKARTA WITH FITZPATRICK SKIN PHOTOTYPE, GENDER, AND STRESS LEVEL

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Background: Acne vulgaris (AV) is a common skin disease characterized by comedones, papules, pustules, or nodules. The prevalence of AV gets its peak during the adolescent period, with more than 85% of adolescents affected. It can be caused by many risk factors including skin phototype, gender, and stress. However, it is currently unclear which one is the most important factor in affecting AV among adolescents.

Objective: The objective of this study was to evaluate the relationships between Fitzpatrick skin phototype, gender, and stress level with the prevalence of AV among adolescents in Surakarta.

Materials and Methods: This was a cross-sectional study with 102 high school students aged ranged 12-19 years as respondents. Data were collected by doctor's examination (intra-rater, kappa=0.805) with 3 self-assessment questionnaires consists of Perceived Stress Scale (PSS) questionnaire to measure stress level, Lie-Minnesota Multiphasic Personality Index (L-MMPI) questionnaire to assess respondents honesty, and Fitzpatrick Skin Type (FST) questionnaire to classify respondents Fitzpatrick skin phototype. Data were analyzed by chi-square and logistic regression test. Acne vulgaris was diagnosed in 77(75.5%) respondents.

Results: The p-value showed significant ($p < 0.05$) in Fitzpatrick skin phototype, gender, and stress level based on chi-square tests. Regression logistic showed gender had the greatest Odds Ratio (OR=38.610) than Fitzpatrick skin phototype (OR=8.226) and stress level (OR=5.612).

Conclusions: It was concluded that there were relationships between skin Fitzpatrick phototype, gender, and stress level with the prevalence of AV among adolescents in Surakarta. Gender was the most influential factor in impacting AV followed by Fitzpatrick





skin phototype and stress level.

