



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

## **USE OF SUPPLEMENTARY PATIENT EDUCATION MATERIAL INCREASES TREATMENT ADHERENCE AND QUALITY OF LIFE AMONG ACNE PATIENTS IN TREATMENT WITH ADAPALENE 0.3%/BENZOYL PEROXIDE 2.5% GEL: A CLINICAL STUDY**

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**Introduction:** Acne is a common skin disease with important psychosocial impact. Often inadequate compliance affects the efficacy of the therapy. Because of emerging use of mobile and electronic (ME)-health technology, recent literature evaluated helpfulness of the tools on medication adherence.

**Objective:** To evaluate adherence of topical Adapalene-BPO (0.3%, 2.5%) for 12 weeks in acne patients trained on the correct mode of administration of treatment and also receiving electronic reminders

**Materials and Methods:** We enrolled 126 subjects with mild to severe acne vulgaris. They were randomized into three groups of 42 patients each one and applied daily a topical Adapalene-BPO (0.3%, 2.5%) for 12 weeks. The first group (G1) was trained on the gel application through an explicative fiche. The second group (G2) received the same instructions of the Group 1 and a daily SMS to remind the application of the product. The third group (G3) only received standard instructions. Evaluations were performed at the beginning of treatment (T0) and after 12 weeks (T1): assessment of acne severity using Investigator's Global Assessment (IGA) Scale for Acne Severity, quality of life through Cardiff Acne Disability Index, skin pH, grade of keratinisation and adherence to treatment with a 7-day recall calendar were also measured.

**Results:** We observed that patients in group 2 had shown higher adherence to therapy and better therapeutic results than group 1. Meanwhile group 3 showed lowest compliance and poor therapeutic results.





Conclusions: Electronic reminders in the form of daily, customized text messages were associated with significant differences in adherence to Adapalene-BPO in patients with mild to moderate acne with an improvement on therapeutic response and quality of life.

