



PAEDIATRIC DERMATOLOGY

DERMATOLOGY-SPECIFIC QUALITY OF LIFE (QOL) OF NIGERIAN ADOLESCENTS IN RELATION TO SITE AND SYMPTOM OF SKIN DISORDERS AND SOCIO-DEMOGRAPHIC INDICES.

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INTRODUCTION: Skin disorders are highly prevalent during the adolescent years and this has been attributed to the pan-systemic effect of puberty that accompanies this phase of development. Adolescents with skin disorders often suffer significant impairment in their QoL and this can potentially impact on their social interactions. As paediatric dermatology continues to evolve in Nigeria, it has become imperative to take this subspecialty to the community where the bulk of the patients still do not have ready access to dermatologic services. This study set out to identify degree of impairment of QoL in adolescents with skin disorders in the community.

Objective: To determine the relationship between socio-demographic indices, site and symptom of skin lesion and the dermatology-specific QoL of adolescents using the Children's Dermatology Quality of Life Index (CDLQI).

Materials and Methods: A total of 1150 students aged 10-16 years were recruited from public and private secondary schools within Ilorin metropolis, Kwara State, Nigeria. Those with skin disorders during examination were administered the CDQLI. Data was entered and analysed using the Statistical Package for the Social Sciences (Version 20.0).

Results: Seven hundred and forty seven (65.0%) of the 1150 students recruited had a skin disorder. Overall, 543 (72.7%) reported impairment in their QoL. Acne vulgaris, pityriasis versicolor, dermatophytoses, traction alopecia and papular urticaria were the most prevalent skin disorders accounting for 77.9% of all the diagnoses made. Higher proportions of adolescents attending private schools, with itchy or disfiguring lesions and with lesions on the face and legs reported impairment in their dermatology-specific QoL ($p \leq 0.05$).

Conclusion: A sizeable number of adolescents with skin disorders have impaired





dermatology-specific QoL. Significant determinants of impairment include type of school attended, site of the lesion and the symptoms associated with the skin disorder.

