

QUALITY OF LIFE, QUALITY OF CARE, AND PATIENT SAFETY

THE DETERMINANTS OF IMPAIRED QUALITY OF LIFE AMONG NIGERIANS WITH ACNE RELATED FACIAL SCARS

A.o Akinboro⁽¹⁾ - O Onayemi⁽²⁾

Ladoke Akintola University Of Technology And Lautech Teaching Hospital, Internal Medicine, Dermatology Division, Ogbomoso, Nigeria⁽¹⁾ - Obafemi Awolowo University And OAUTHC, Dermatology And Venereology, Ile-ife, Nigeria⁽²⁾

Introduction: Acne and its consequences including post inflammatory scars unleashed untold psychosocial and emotional consequences on affected people. Complications of acne had received little study attention in the low and middle-income countries.

Objective: To evaluate the determinants of impaired quality of life in patients with acne related facial scars.

Materials and Methods: 261 participants with acne were randomly recruited for evaluation of their acne and quality of life using CADI questionnaire. Data were analyzed using SPSS 20.

Results: the mean age of participants was 23.51 ± 4.20 years. Mild to moderate was prevalent (96.6%). Acne with facial scars insignificantly affect adults >20years (89.5% vs. 10.5%, $p=0.023$) and more severe (affects > 50% face) in adults (87.5% vs 12.5%, $p=0.772$) compared to adolescents. Acne related facial scar was associated with been in tertiary education ($p<0.001$), early puberche (12.82 ± 2.05 vs. 13.51 ± 2.26 years, $p=0.023$) recurrent acne ($p=0.004$), higher mean body weight (60.82 ± 58.15 vs. 58.15 ± 7.24 years, $p=0.012$) and BMI (22.42 ± 2.69 vs. 21.42 ± 2.37 , $p=0.031$). Acne patients with facial scars had significantly higher mean CADI scores compared to those without facial scars (2.05 ± 1.84 vs. 1.26 ± 1.31 , $p<0.001$) and severe facial scars involving >50% of the face was associated with significantly higher mean CADI scores (2.88 ± 1.78 vs. 1.83 ± 1.80 , $p=0.043$). Patients with acne related facial scars had higher CADI mean rank scores on the aggressive/frustrated/embarrassed, impaired social life, negative appearance feeling and bad acne subscales of CADI compared to those without scars. Similarly, severe facial scars significantly interfered with social life ($p=0.040$), induced negative feeling ($p=0.005$) and correlated with total CADI ($p=0.007$). In multivariate analysis after correction for confounders, acne severity was the only determinant of impaired quality of life in acne patients with facial scars.

Conclusions: Acne severity was the sole determinant of impaired quality of life which was



more substantially impaired in patients with acne related facial scars.

