QUALITY OF LIFE IN PATIENTS OF ACNE VULGARIS USING CADI & DLQI

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INTRODUCTION:

1. Acne is associated with considerable psychological impairment which is comparable with certain chronic diseases like asthma, epilepsy, diabetes and arthritis.

3. Acne patients are prone to low self esteem, low self confidence & social dysfunction which may lead to anxiety, depression, obsessive compulsiveness & sometimes suicidal ideation.

4. Acne effects the functional abilities of individuals and patients have higher rate of unemployment when compared to those without acne. Increased awareness and early intervention for the psychological and psychiatric sequelae of acne can benefit patients.

5. This study was carried out to determine the impact of acne and its clinical severity on Quality of life among patients of different grades of acne patients in various age groups using two questionnaire Cardiff acne disability index (CADI) and Dermatology life quality index (DLQI).
**AIM :-**
- To assess the impact of Acne vulgaris on QOL of patients.

- To assess & compare different grades of acne patients using 2 questionnaire of CADI & DLQI.

**MATERIAL & METHODS:-**
- Cross sectional study

- **300 pts** with acne vulgaris between age group 16 to 35 yrs were selected

- Patients of acne were graded clinically into 4 types (Grade I, II, III, IV)

- Patients QOL was assessed using 2 questionnaire using DLQI & CADI

- Stastical analysis of data was entered into SPSS version 21.0 and represented in proportions and percentages. **Pearson's chi-squared test** was used to assess the statistical significance
• Maximum 36% patients were seen in grade II followed by 27% in grade III, 25.7% in grade I & 11.3% in grade IV.

• According to DLQI scores of acne showed no effect in 4.3% patients, small effect in 26.3% patients, majority had moderate effect in 38.7% patients, very large effect in 29% patients & extremely large effects 1.7% of patients.

• According to CADI scores of acne showed low effect in 31.3% patients, majority had medium effect in 56.7% patients & high effect was seen on 12% of patients.
- There was a significant difference seen in DLQI & acne grades.

- **Very large effect** was seen in 61.8% patients of grade IV acne.

- There was a significant difference seen in CADI & acne grades.

- **High effect** was seen in 52.9% of patients of grade IV acne.
- Maximum Mean ± SD value of DLQI scores was $12.44 \pm 5.47$ & Median = 13 in grade IV acne.

- Maximum Mean± SD value of CADI scores was $9.12 \pm 2.78$ & Median of 10 in grade IV acne.

- Mean (SD) Scores of DLQI and CADI were $8.61 \ (4.99)$ and $6.22 \ (2.73)$ respectively.

- Maximum observed score for DLQI was 24 and for CADI was 13.
CONCLUSION:-

- Our study had maximum number of patients in age group between **18 to 25 yrs** with more of student population with almost **equal prevalence** of male & female.

- Our study revealed that **Facial acne** was commonest and can cause a major impact on QOL. Increased **severity of acne** was directly proportional to the **impairment of quality of life**.

- Measurement of quality of life changes gives insight into the **impact of acne** from a patient’s perspective and can also measure treatment success.

- Acne can also substantially interfere with **social** and **occupational** functioning and result in impairment in quality of life.

- The **strength of our study** was large number of acne patients surveyed from general population, thus excluding the possibility of referral bias and overestimation of psychometric morbidity with hospital based data.
REFERENCES: