The Angst of Acne
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Outline
• Background
• Acne and Mental Health
• What can we do?
• Slideshow summary

Depression & Chronic Disease in Adults
Chronic Disease- 70% PCP visits
Depression: expected 2\textsuperscript{nd} to HD
More research needed on this link

Psychosocial Impact of Acne

Psychiatric Co-morbidity & Derm Disorders

>30%¹


Psychosocial Impact of Acne

Acne

Depression, anxiety, frustration, helplessness, & isolation

Many avoid social, academic, or athletic events


Psychosocial Impact of Acne

Suicidal ideation with patients with acne

7.2% overall
22-25% with severe acne

Functional status impairment

Social interactions (dating, eating out, sports)
Poorer academic/work functioning
Higher unemployment rate

Depression with isotretinoin

Unlikely

Misery L. J Invest Dermatol 2011;131:290
Psychosocial Impact of Acne

**Moderate acne association**
- Mental health problems
- Low attachment to friends
- Failing to thrive at school

**Acne improvement association**
- less depression
- Less anxiety
- Higher self esteem


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Psychosocial Judgments & Perceptions of Teens With Acne
Identical surveys presented to ~2000 Participants

Photos shown of teens with acne or clear skin


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Part 1 Survey Results

The first thing 70% noticed about a person with acne was his or her skin

Part 2 Survey Results

Experiences of Teens With Acne

![Survey Results Diagram](image)


What can we do?
Recognize and treat acne effectively

![Acne Treatment Ladder](image)


What else can we do?

Go to Dr. Fanburg’s talk on Healthy People 2020 grant results for more information