

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 2nd to HD

More research needed on this link

Chapman, D., et. al. Vital Link Between Chronic Disease and Depressive Disorders. *Prev Chronic Dis.* Jan 2005; 2(1): A14

Psychosocial Impact of Acne

Psychiatric Co-morbidity & Derm Disorders

>30%¹

1. Gupta MA et al. *Dermatol Clin.* 2005;23(4):591-599.

Psychosocial Impact of Acne

Acne

Depression, anxiety, frustration, helplessness, & isolation

Many avoid social, academic, or athletic events

1. Gupta MA et al. *Dermatol Clin.* 2005;23(4):591-599.

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

Fried RG, et al. *Dermatol Clin* 2005;23:657-64
Fried RG, et al. *Dermatol Ther* 2006;19:237-40
Halvorsen JA, et al. *J Invest Dermatol* 2011;131:363
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 school¹

Acne improvement association

- less depression
- Less anxiety
- Higher self esteem²

1. Halvorsen JA et al. *J Invest Dermatol.* 2011;131(2):363-370
 2. Gupta MA et al. *Int J Dermatol.* 1990;29(10):719-721.

Psychosocial Judgments & Perceptions of Teens With Acne

Identical surveys presented to ~2000 Participants

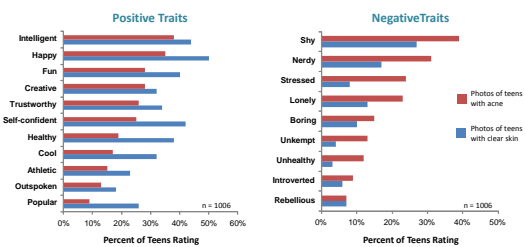
Photos shown of teens with acne or clear skin



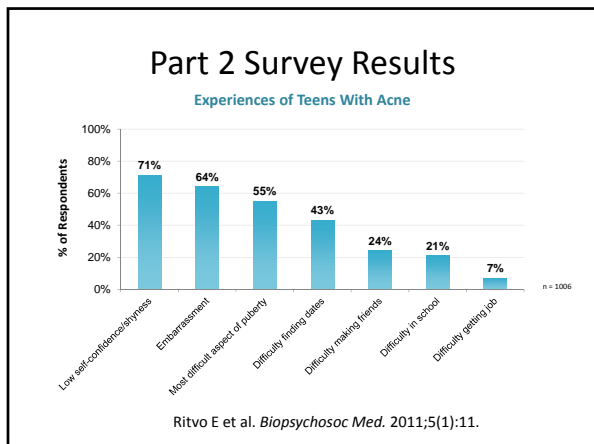
Ritvo E et al. *Biopsychosoc Med.* 2011;5(1):11.

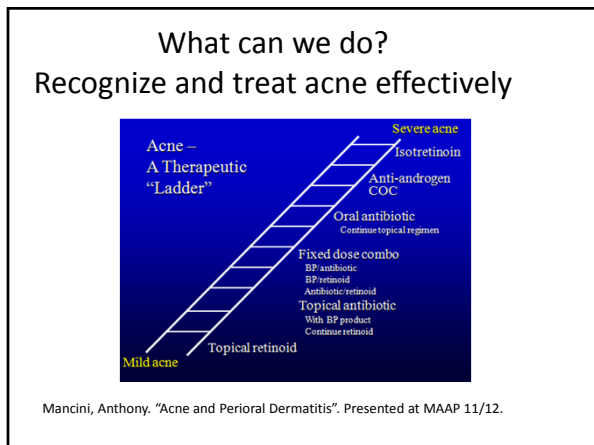
Part 1 Survey Results

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



Ritvo E et al. *Biopsychosoc Med.* 2011;5(1):11.





What else can we do?

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