

# The Impact of Acne Vulgaris on Quality of Life in Adolescents in Tirana: Results of a Cross-Sectional Study

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## Abstract

**Background:** Acne vulgaris may significantly impact quality of life and self-esteem of adolescents. Data on this issue among Albanian adolescents and the impact of acne vulgaris in quality of life are missing.

**Aim:** The aim of this study was to assess the psycho-social impact of acne vulgaris on a representative sample of adolescents in high schools in Tirana.

**Methods:** The study was conducted in 10 high schools selected at random out of 19 schools functioning in the urban area of Tirana. A total of 2036 students were interviewed. The impact of acne on the quality of life of affected adolescents was assessed through the Cardiff Acne Disability Index (CADI), validated in Albanian language.

**Study Design:** Cross-sectional study. The General linear model was used to assess the impact of acne on adolescent's quality of life by independent variables.

**Results:** The mean age of adolescents in the study was  $16.2 \pm 0.9$  years (57% female, 43% male). Among adolescents with acne, 1.1% reported severe or very severe acne. One in five adolescents have felt frustrated because of acne in the past month, about 11% have limited social life or avoided public environments. 7% have experienced depression and about 15% claimed that acne was at least a major problem for them. The negative psychosocial impact of acne was maximal in adolescents with severe and very severe acne and significantly higher in

adolescents with acne at visible body sites, in girls and older adolescents (> 16 years).

**Conclusions:** Acne vulgaris has a significant psychosocial impact in some groups of Albanian adolescents. Early detection of the problem can help provide appropriate treatments and reduce the negative impact of acne on their lives.

**Key words:** Acne, Adolescents, Quality of life, CADI