

DISEASE BURDEN

IMPACT ON PATIENTS LIVING WITH ACNE VULGARIS

BEFORE YOU PROCEED: REFLECT BRIEFLY

**HOW DO YOU THINK ACNE VULGARIS
IMPACTS A PATIENT'S DAILY LIFE BEYOND
PHYSICAL SYMPTOMS?**

QUALITY OF LIFE DEFICIT IN ACNE

THE IMPACT ON PATIENTS LIVING WITH ACNE VULGARIS

Quality of Life (SF-36^a)

	Social functioning	Role fulfilment for emotional reasons	Mental health	Energy and vitality
Acne	11.1	7.4	13.4	7.0
Asthma	5.9	6.3	4.2	6.0
Diabetes	8.7	9.5	5.9	9.1
Back pain	8.9	6.9	4.1	8.5
Epilepsy	7.4	5.3	3.4	5.9

Acne patients report levels of **social, psychological and emotional problems** on a par with those reported by patients with what would normally be considered much more 'serious' general chronic disabling medical conditions.

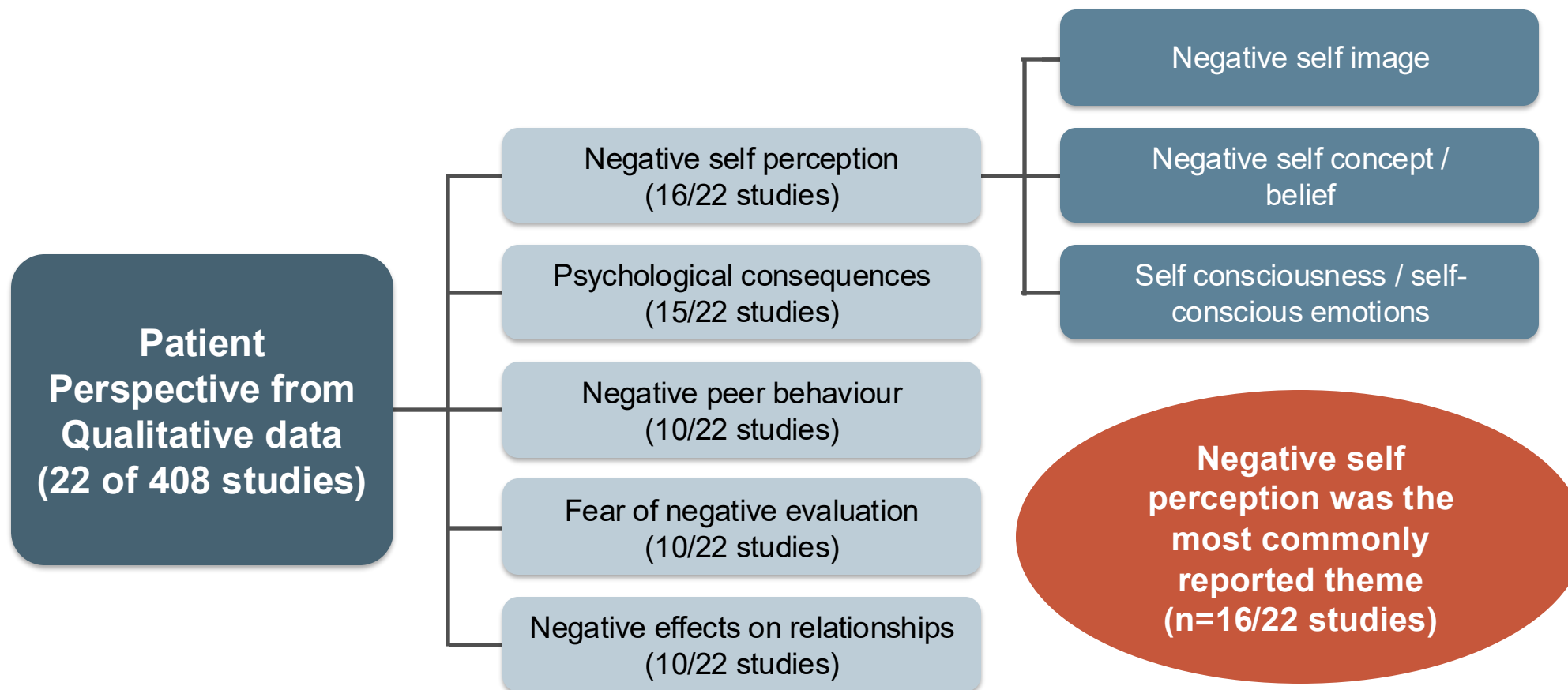
^a SF-36 scores range from 1–100

SF-36, Short Form-36 Health Survey

Mallon E, et al. Br J Dermatol. 1999;140(4):672-6

DISEASE BURDEN

IDENTIFICATION OF THE IMPACT – HOW ACNE MAKES YOU FEEL?



PSYCHOLOGICAL WELL-BEING IN ADOLESCENTS WITH ACNE

INCREASED SUICIDAL IDEATION, MENTAL HEALTH PROBLEMS AND SOCIAL IMPAIRMENT

- Cross-sectional, questionnaire-based study
 - 3775 adolescents
 - 18-19 years old
 - 14% having substantial acne (a lot and very much)

	Suicidal thoughts	
	With “very much” acne ^a	No or “little” acne ^a
Women, %	25.5	11.9
Men, %	22.6	6.3



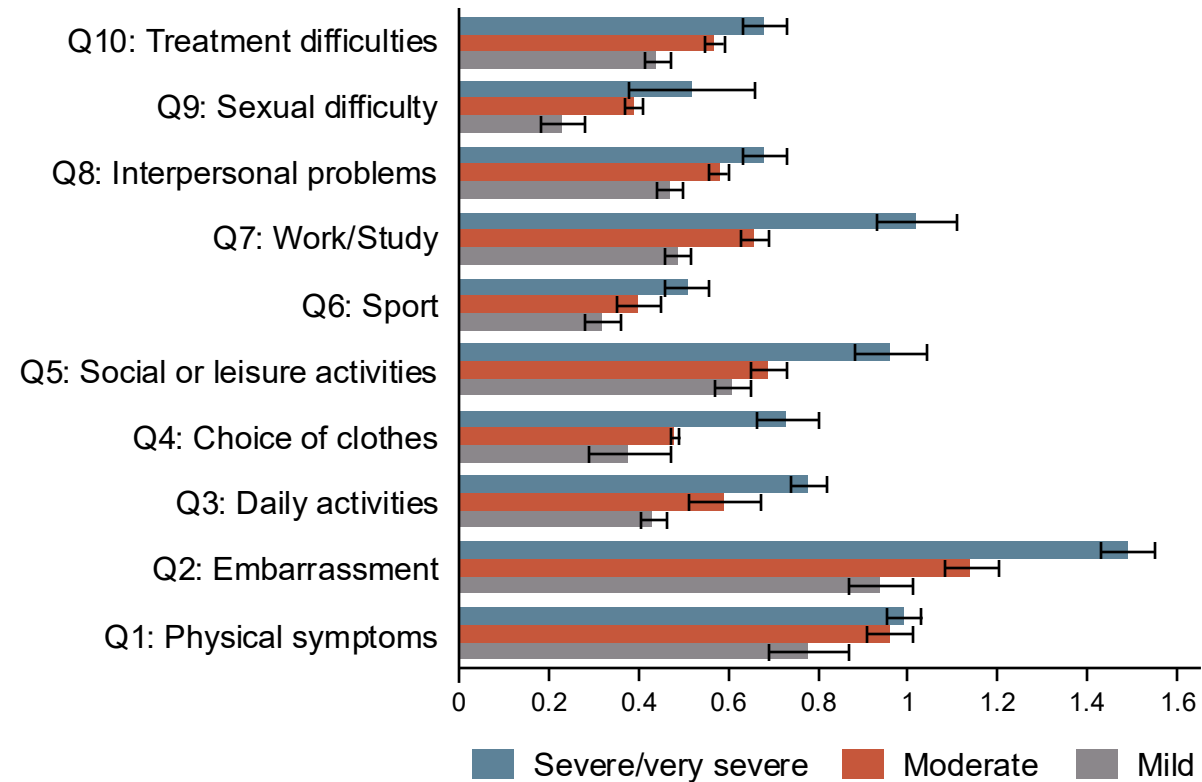
^a Possible responses to answer on occurrence of pimples the previous week were *no*, *yes – a little*, *yes – a lot*, and *yes – very much*

THE BURDEN OF ACNE SCARS

HIGHLIGHTING THE SIGNIFICANT PSYCHOSOCIAL IMPACT OF ACNE SCARS

- High psychosocial impact of acne scars
- Patients frequently feel uncomfortable and embarrassed

Mean (SEM) DLQI score by acne scars severity
(Scored from 0 to 3)^a



^a Mean (SEM) DLQI scores for each questionnaire item (Q1–Q10) based on acne scarring severity grades. Each question was scored from a minimum of 0 (i.e. no impact on HRQoL) to a maximum of 3 (i.e. very strong impact on HRQoL)

DLQI, Dermatology life Quality Index; HRQoL, health-related quality of life; SEM, standard error of the mean

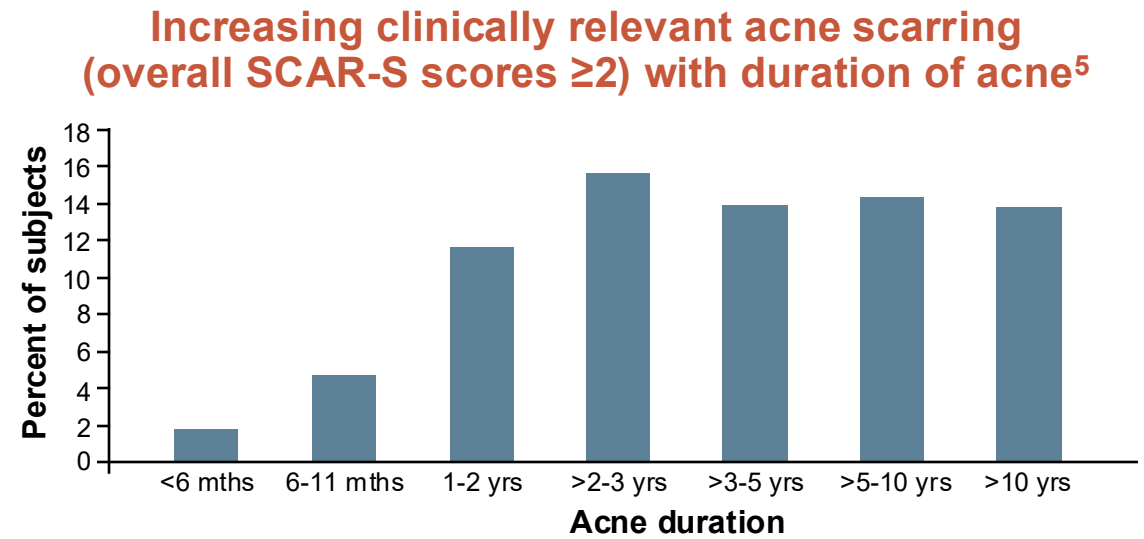
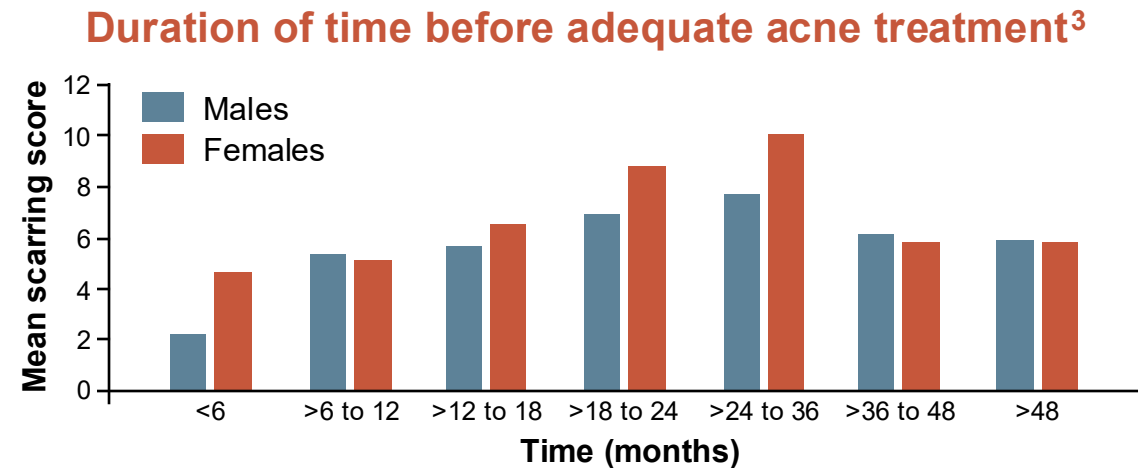
Tan J, et al. Am J Clin Dermatol. 2022;23(1):115-123; 2. Tan J, et al. JAAD Int. 2021;3:102-110

THE BURDEN OF ACNE SCARS IS HIGH

EARLY TREATMENT MAY HELP PREVENT THEM

- Establish how long the acne has been present^{1,2}
- More frequent in severe / very severe acne³
 - May arise from mild acne in susceptible individual
- The degree and duration of clinical inflammation influences resultant scarring³
- Select appropriate therapy to reduce inflammatory acne^{3,4}

Early treatment targeting inflammation likely to reduce scarring⁴



mths, months; yrs, years;

SCAR-S, Scar Cosmesis Assessment and Rating scale – Simplified

1. National Institute for Health and Care Excellence. Acne vulgaris: management NICE guideline [NG198]. Available at: www.nice.org; 2. DermNet. Acne vulgaris. Available here (accessed June 2025); 3. Layton AM, et al. Clin Exp Dermatol. 1994;19(4):303-8; 4. Kurokawa I, et al. Dermatol Ther (Heidelb). 2021;11(4):1129-1139; 5. Tan JK, et al. J Cutan Med Surg. 2010;14(4):156-60