

UNDERSTANDING CONCERNS AND EXPECTATIONS OF ACNE RESPONDENTS TO IMPROVE MANAGEMENT OF THE DISEASE: RESULTS OF TWO LARGE, ONLINE SURVEYS IN THE UNITED STATES OF AMERICA

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INTRODUCTION

- Acne is a common chronic disease fraught with public misconceptions about causes and treatments.
- Understanding the patient's experiences and expectations may help highlight shortcomings; however, there is a paucity of such information from those with acne.¹

Table 1. Demographics and acne data of the acne respondents (AcnePop) and general population respondents (GenPop)

		AcnePop (N = 1000)
Gender, n (%)	Male	351 (35%)
	Female	649 (65%)
Age, years	14-19	400 (40%)
	20-23	353 (35%)
	24-26	247 (25%)
	Other	210 (21%)
Ethnicity	White	711 (71%)
	Hispanic	207 (21%)
	Other	82 (8%)
Acne	Total	852 (85%)
	Moderate	691 (69%)
	Severe	161 (16%)
Acne scarring	Total	548 (55%)
	Moderate	448 (45%)
	Severe	100 (10%)
		GenPop (N = 2000)
Gender, n (%)	Male	959 (48%)
	Female	1041 (52%)
Age, years	14-19	192 (9.6%)
	20-29	291 (14.5%)
	30-39	388 (19.4%)
	40-49	333 (16.7%)
	≥ 50	796 (39.8%)
Current or previous acne/acne scarring	Total	1215 (61%)
	Mild/mild to moderate	528 (26%)
	Moderate to severe/severe	687 (35%)
Current acne/acne scarring	Total	428 (21%)
	Mild/mild to moderate	118 (6%)
	Moderate to severe/severe	310 (15%)
Previous acne/acne scarring	Total	787 (39%)
	Mild/mild to moderate	410 (20.5%)
	Moderate to severe/severe	377 (18.8%)
Never had acne/acne scarring	785 (39%)	



OBJECTIVE

- The objective was to investigate attitudes of the general public and self-perceptions and experiences of people with acne to understand the burden and expectations for management of the condition.

PROCEDURE/STUDY

- Two online surveys were administered between July 1 and July 12, 2019 by email invitation to nationally representative respondents from the USA.
- One survey was among the general population (GenPop) ≥ 14-years-old (N=2000).
- The other was for those with acne/acne scars (AcnePop) aged 14-26 years old (N=1000) who stated they currently had one of the following:
 - Moderate acne (defined as "up to many noninflammatory lesions, may have some inflammatory lesions, but no more than one small deep pimple")
 - Severe acne (defined as "up to many noninflammatory and inflammatory lesions, but no more than a few deep pimples")
 - Moderate acne scarring (defined as "scars have medium depth or intensity")
 - Severe acne scarring (defined as "scars have extreme depth or intensity")

Figure 1. General Perception of Acne/acne Scarring (GenPop N = 2000)

	Control group shown images with no acne (N = 1000)	Group shown images with acne (N = 1000)	Difference
			
Believe she is healthy	63%	27%	36%
Believe she is attractive	70%	49%	21%
Believe she is successful	52%	32%	20%
Believe she is approachable	50%	43%	7%

Two equal groups of 1000 respondents were shown either a set of images with or a set without acne. Percentages are shown for those who responded 1 to 3 (on a 7-point scale, e.g., from 1-extremely healthy to 4-neither attractive or unattractive to 7-extremely unhealthy)

Figure 2. Burden of acne/acne scarring on acne respondents (AcnePop N = 1000)

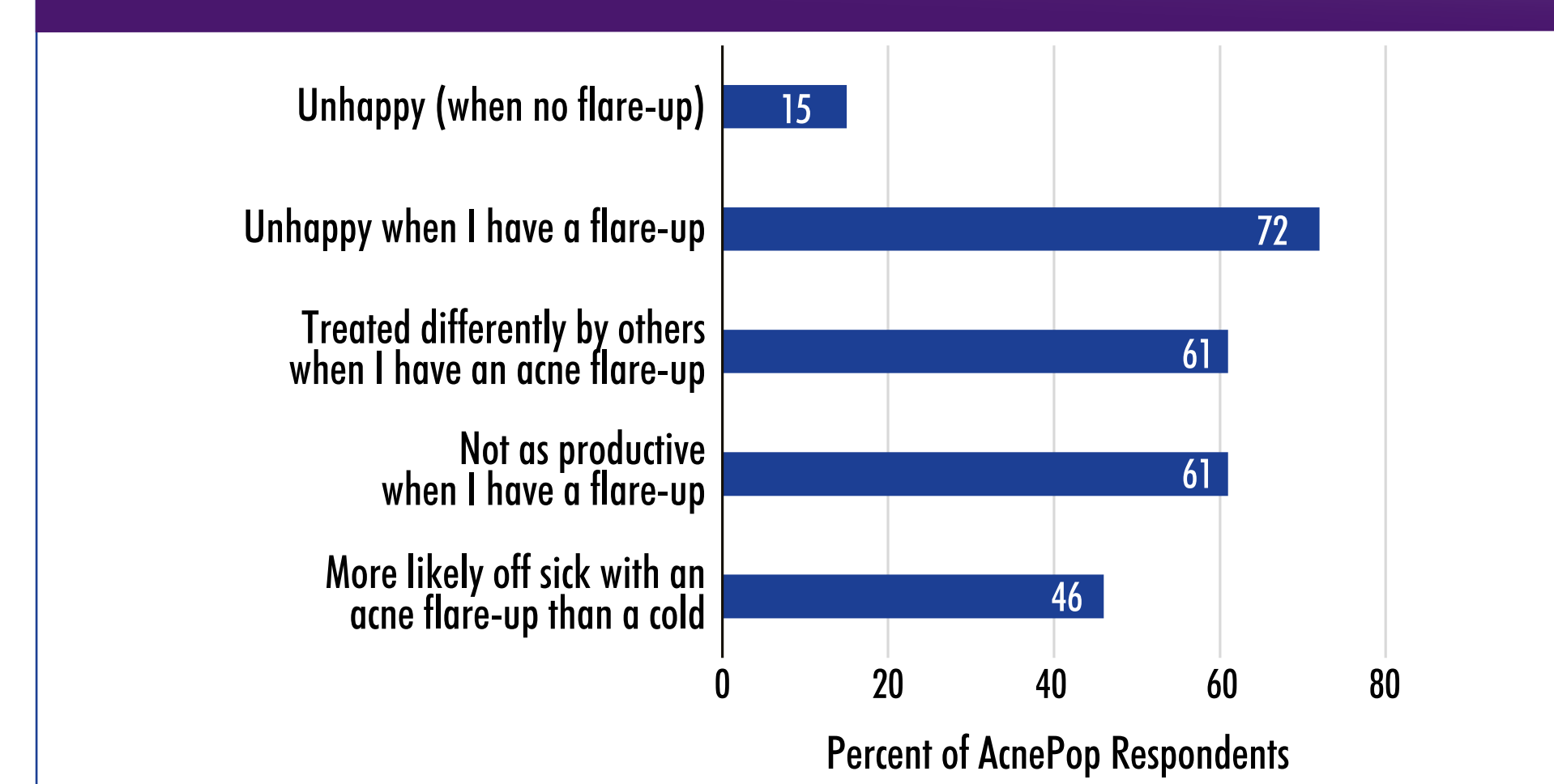


Figure 3. Percentage of Acne Respondents Who Had Sought Professional Help (a; AcnePop, N = 1000) and the Healthcare Professional Consulted (b; n = 742)

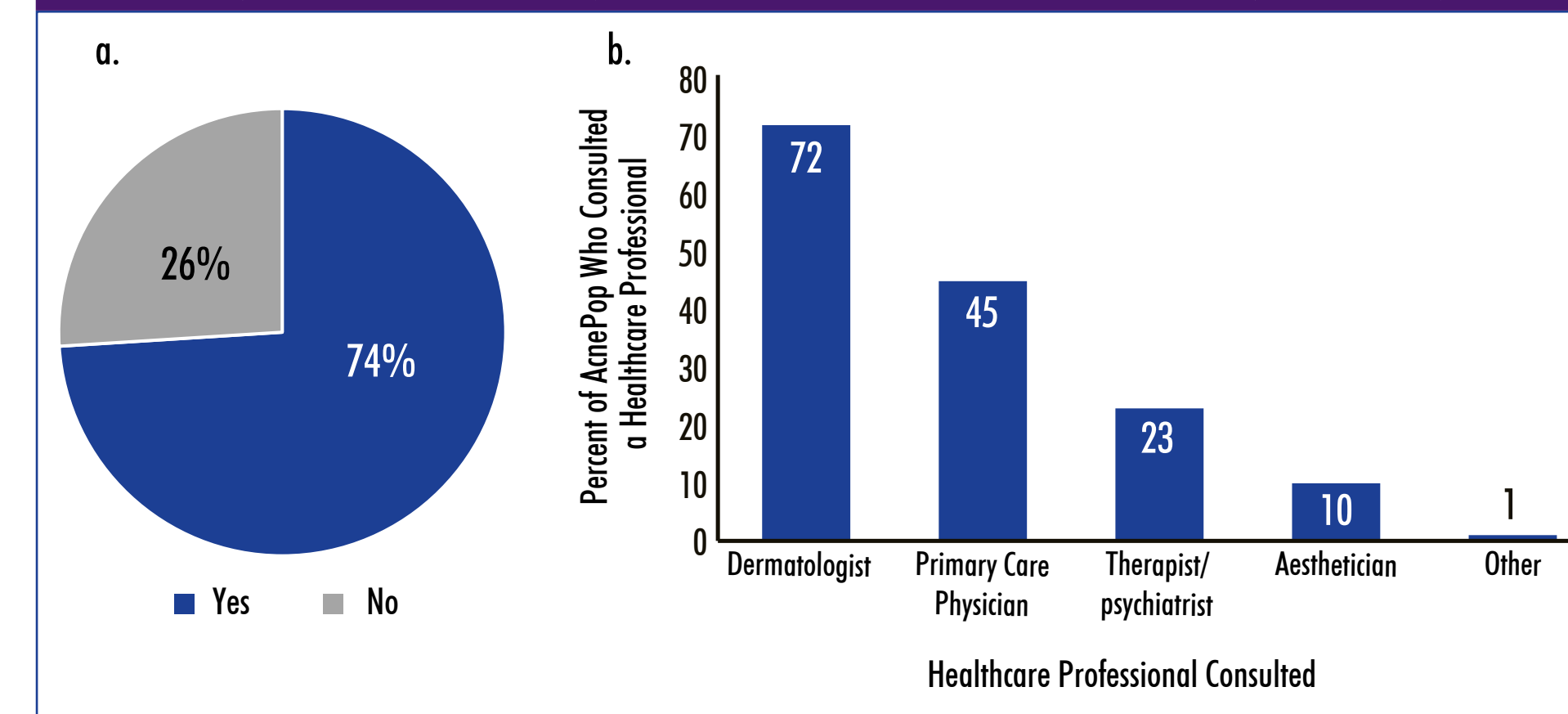
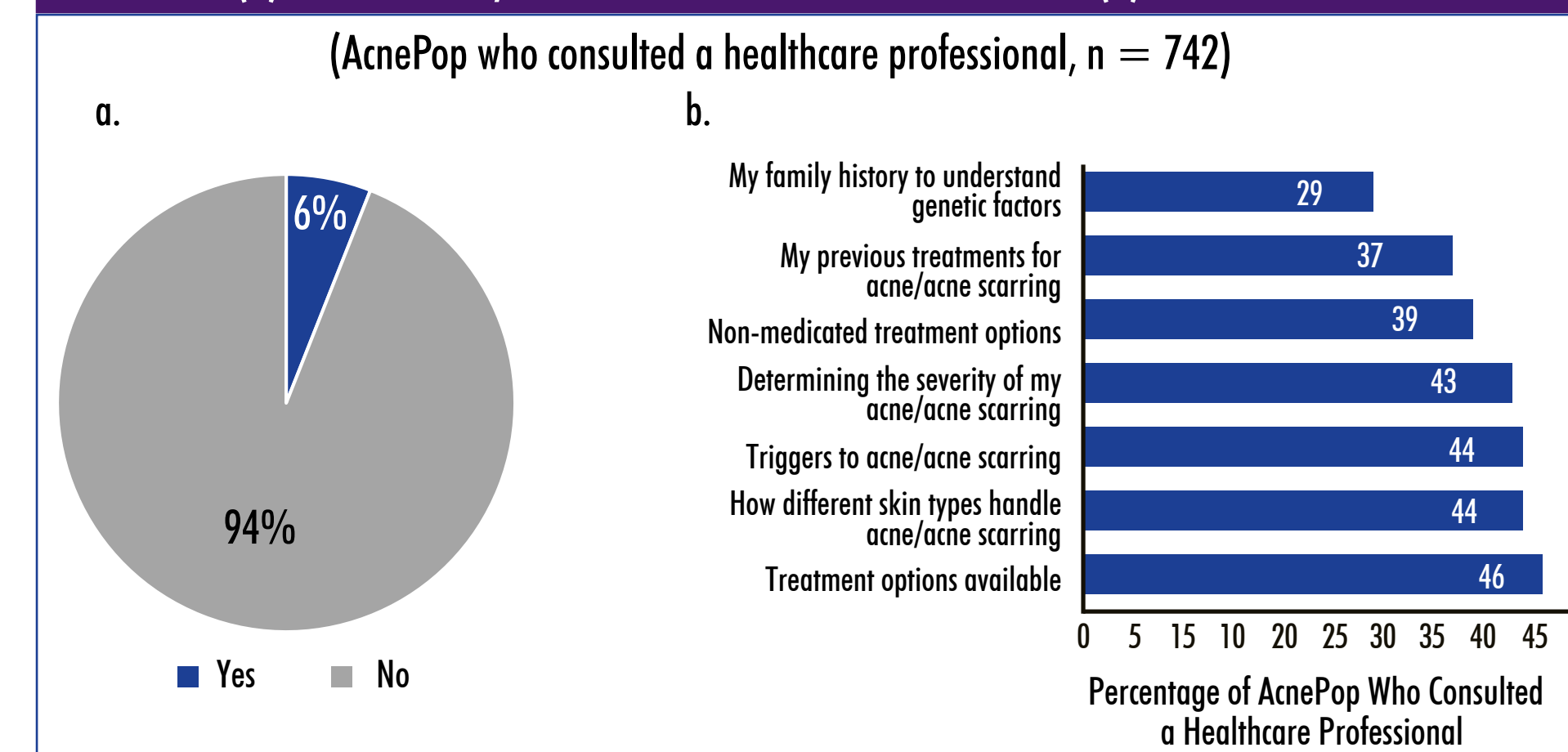


Figure 4. Percentage of acne respondents satisfied with the information they received from the HCP (a) and areas they would have liked more information on (b)



RESULTS

Survey Populations

- Demographics and acne data of the acne respondents (AcnePop) and general population respondents (GenPop)

General Perceptions About Acne

- When GenPop were shown images of people with acne/acne scarring, they were perceived as less healthy, less attractive, less successful, and less approachable than images without acne (Figure 1)
- Furthermore, 24% of GenPop indicated they believed that people with acne have poor hygiene

Burden of Acne

- Around half of AcnePop (46%) indicated they were more likely to take sick leave for an acne flare-up than a cold
- Almost two-thirds of AcnePop (61%) felt they were less productive at work or school during a flare (Figure 2)

Professional Help Received by Acne patients

- The vast majority of AcnePop (92%) reported having received unsolicited advice and 39% of GenPop admitted they have given people with acne unsolicited advice at least once.
- Of GenPop (n = 781) who had given unsolicited advice to people with acne, the most common suggestion was to see a doctor (47%).
- Overall, 26% of AcnePop had never consulted a healthcare professional and 36% never received prescriptions for acne/acne scarring (Figure 3a).
- Of those who had seen a medical professional for their acne/acne scarring
 - 72% had consulted a dermatologist
 - 45% a primary care physician
 - 23% a therapist/psychiatrist (Figure 3b)

Information Gaps

- The vast majority (94%) were dissatisfied with information they received from the healthcare provider.
- The main topics they desired more information on were:
 - available treatment options (46%)
 - how different skin types are affected by acne (44%)
 - acne triggers (44%)
 - establishing their acne severity (43%) (Figure 4)

REFERENCES

- Tan, J. K., K. Vasey, and K. Y. Fung. 2001. 'Beliefs and perceptions of patients with acne', *J Am Acad Dermatol*, 44: 439-45.

SUMMARY

- Both AcnePop and GenPop lack information on acne
- AcnePop indicated they do not always seek help, and those who do are often dissatisfied with the information they receive from healthcare providers
- People with acne should be directed to healthcare professionals equipped to provide comprehensive information explaining the condition, severity determination and treatment options