Background and Design: Acne vulgaris is a dermatological disorder mainly seen in adolescents. Psychiatric morbidity has been reported in these patients. The aim of the present study was to investigate the quality of life, loneliness and life satisfaction levels in adolescents with acne vulgaris.

Materials and Methods: A total of 264 adolescents with acne and 250 controls were included in the study. Acne severity was determined by the Global Acne Grading System (GAGS). Acne Quality of Life Scale (AQOL); developed by Gupta et al., UCLA Loneliness scale (ULS); developed by Russell, Peplau & Ferguson (1978), and the Life Satisfaction Scale (LSS); developed by Diener et al. were used to assess quality of life, loneliness and life satisfaction levels, respectively in adolescents with acne and in controls.

Results: The mean AQOL and the mean ULS scores were significantly higher in patients (13.67±4.75 vs 11.14±2.94, p<0.001 and 32.15±8.46 vs 30.52±8.70, p=0.031, respectively). The mean LSS score was significantly lower in acne patients (21.82±6.40) than in controls (23.04±6.45, p=0.033). There was a statistically significant difference in the mean LSS scores between the mild, moderate and severe acne patients (22.15±6.32, 21.61±6.20, 16.00±7.26, respectively; Kruskal Wallis Test p=0.036). While there was no significant difference in the mean ULS and LSS scores between the genders. The mean ALQI score was significantly higher in males than in females (p=0.004).

Conclusion: Our results indicated that acne quality of life and life satisfaction levels were significantly reduced while loneliness levels were significantly increased in adolescents with acne compared to controls. Our study is important in terms of being the first study investigating the loneliness and life satisfaction levels in acne patients and the relationship between these parameters and severity of acne. (Turkderm 2014; 48: 172-6)

Key Words: Acne vulgaris, adolescent, acne quality of life, loneliness, life satisfaction