

ASSOCIATION BETWEEN PSYCHOLOGICAL STRESS  
AND ACNE VULGARIS

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## ABSTRACT

Acne vulgaris is a common skin disease experienced by majority of the adolescences. Its pathophysiology has always been multifactorial. One of the well known and debatable risk factor affecting acne occurrence is psychological stress. This structured review intended to study the association between stress and acne. Four journals showed significant association between psychological stress and acne vulgaris with 2 cross-sectional studies showing  $P < 0.0005$ , and  $P < 0.01$ , whereas the other 2 prospective studies showed  $P = 0.029$  and  $P < 0.01$  respectively. One cross-sectional study showed 82% of the patient had psychological stress as aggravating factor with the other showing prevalence of acne higher in the mental stress group. Poli et al reported 89.2% of the acne patient had stress. Despite having several studies to shows the link between psychological stress and aggravation of acne vulgaris, and even the severity of acne, yet there is no strong evidence to prove this association. Thus, more prospective, randomized trials, including controls for gender, diet, menstrual cycle and acne medications, are essential for future studies.