

Acne radar: A new intuitive graphic visualization of quality of life in acne patients (Review)

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Abstract

Background: There are many instruments available in literature to evaluate the influence of acne on Quality of Life (QoL), but many of these questionnaires rarely are performed in daily clinical practice. Many of these instruments require a long time for the compilation, and often they are not self completed. There are no simple and intuitive instrument that can be completed by patients alone, with a graphical representation of the results. **Objective:** To develop a new, rapid and intuitive graphic instrument to a questionnaire allowing both a quick assessment of the impact of acne on patients and, at the same time, increase patient's compliance and self-esteem. **Methods:** In our study 50 patients were recruited and questionnaire was administered following the main items evaluated in the validated index of QoL from previous studies for acne patients. We have applied an intuitive graph representation, the "Radar Graph", and other statistical methods like the Decisional Map and the Principal Component Analysis, to this questionnaire allowing a quick assessment of the impact of acne on patients. **Results:** The questionnaire evaluated have 10 items regarding 3 different area: the objective symptoms such as negative perception of their image (imperfection), sting and insomnia; the subjective symptoms such as depression, perception of illness, lack of serenity and shame; and the relational difficulties such as social relationships, working relationships, and intimate relations. The answers are given on a 10-point visual analogue scale. **Conclusion:** Our survey can be a new, rapid and intuitive graphic instrument to use in clinical practice.