

## 8. ABSTRACT

Acne vulgaris is a chronic disease that causes various types of disorders in the proper functioning of the body. The complexity of these disorders, ranging from discomfort, through difficult to eliminate skin lesions in exposed areas of the body, and ending with mental disorders, contribute to a significant reduction in the quality of life. Selected lifestyle elements, such as diet, physical activity, addictions, sleep hygiene and cosmetic treatments, may have an impact on the quality of life of acne vulgaris patients.

The main aim of the research was to determine the influence of selected lifestyle elements and the applied cosmetic treatment on the quality of life of acne vulgaris patients. The specific goals included the assessment of: lifestyle (smoking, alcohol consumption, sleep hygiene), diet (eating habits, frequency of consumption of particular groups of food products, nutritional value of the diet), nutritional status (waist circumference, BMI), physical activity (International Physical Activity Questionnaire - IPAQ), level of depression (Beck Depression Inventory - BDI), quality of life (Short Form Health Survey - SF-36), impact of dermatological diseases on quality of life (Dermatology Life Quality Index - DLQI), impact of acne on quality of life (Cardiff Acne Disability Index - CADI), life satisfaction (Satisfaction With Life Scale - SWLS) and evaluation of the effectiveness of cosmetic treatments (4-step peeling with 35% pyruvic acid) to improve the quality of life of patients.

The research group consisted of 200 people, of which the largest percentage (84.5%) were women. The mean age was  $23.04 \pm 4.71$  years (range: 17-43 years). In half of the studied group, the duration of acne disease was over 3 years. Most often, acne lesions appeared in the form of pimples, papules and scars on the face, back and neckline, mainly of moderate and mild severity. Visible acne and acne lesions affected the emotional state of patients, causing mainly irritability, anxiety, low self-esteem, mental discomfort, uncertainty and even depression, a long period of social isolation and disturbed social contacts. About half of the respondents could not come to terms with the existing acne lesions. After cosmetological intervention, the subjective feeling of improving one's own well-being was confirmed by the greater part of the study group.

Based on the research results, the following conclusions were drawn:

1. The analysis of selected lifestyle elements of people with acne vulgaris showed many irregularities, such as: improper eating habits, low nutritional value of the diet, not reading food labels before buying, being guided by the taste and liking rather than the composition

and nutritional value of products before buying, problems with maintaining a healthy body weight, smoking, alcohol consumption, low physical activity, too short a night's rest.

2. Common acne reduces the quality of life of the respondents.

3. The applied cosmetic treatment had a significant impact on improving the quality of life of patients, especially among people with normal body weight.

4. Selected lifestyle elements had no impact on the improvement of the quality of life of the respondents after the cosmetic treatment.

5. The higher quality of the physical and mental health of the respondents had a significant impact on reducing the impact of skin ailments on the quality of life and the intensity of depression.

6. The higher quality of mental health had a significant impact on the increase in the level of life satisfaction.

7. A higher level of life satisfaction significantly reduced the impact of skin ailments on the quality of life.