

## **9. STRESZCZENIE W JĘZYKU ANGIELSKIM**

Rosacea is a chronic dermatological disease that affects the central area of the face (nose, cheeks area, and forehead). Although its etiopathogenesis is not fully understood, it causes disturbances in the regulation of the immune system and neurovascular changes. Rosacea significantly reduces the quality of life of patients. Patients with rosacea more often struggle with low self-esteem, depression, stress and social phobia. Rosacea is one of the psychosomatic skin conditions that can change depending on patients emotional state.

The main aim of the research was to assess the quality of life of patients with rosacea. Detailed objectives included: sociodemographic and health analysis of the study group, analysis of selected lifestyle elements (diet - frequency of consumption of food products and a 3-day nutritional interview, nutritional status - BMI, physical activity by International Physical Activity Questionnaire (IPAQ), addictions, sleep hygiene), assessment of the level of depression using the Beck Depression Index (BDI), assessment of the quality of life using the 36-Item Short Form Health Survey (SF-36v.2), assessment of the impact of dermatological diseases on the quality of life using the Dermatology Life Quality Index (DLQI), assessment of life satisfaction using the Satisfaction with Life Scale (SWLS), assessment of the impact of cosmetic procedures on quality improvement life of patients with rosacea. Appropriate licenses and approvals have been obtained for the use of standardized tests.

The research was conducted among clients of the Biological Renewal and Rehabilitation Center in Choroszcz in the period from June 2017 to November 2018. The research was approved by the Senate Research Ethics Committee of the State University of Information Technology and Entrepreneurship in Łomża (currently the Academy of Applied Sciences) - application code 517101.

For the first stage of the study, after taking into account the exclusion criteria 160 people (123 women and 37 men) aged 32-72 years were qualified. After cosmetic diagnostics, an initial interview, completion of documentation (proprietary and standardized questionnaires: BDI, SWLS, SF-36v.2, DLQI, IPAQ, 3-day 24-hour nutritional interview), as well as obtaining consent to participate in the study, the respondents were informed about a possible resignation from participation at each stage of the study. Then, members of the research group were invited by the cosmetologist for an individual visit, during which cavitation peeling and sonophoresis of the serum for vascular skin were performed 3 times at

two-week intervals. For the second stage signed up 111 people (reminding procedure and the second completion of questionnaires after one month).

Based on the obtained test results, it was found that:

- 1) The knowledge of patients with rosacea, the prophylaxis and therapy used so far were insufficient.
- 2) There were many abnormalities in the lifestyle of the respondents:
  - a. Smoking cigarettes;
  - b. Consuming alcohol;
  - c. Eating food that aggravates the symptoms of the disease;
  - d. Incorrectly balanced diet in terms of energy, the content of macronutrients, vitamins and minerals;
  - e. Insufficient amount of sleep.
- 3) Most people experienced a subjective positive effect of the series of cosmetic treatments on the improvement of the skin condition.
- 4) Significant correlations have been demonstrated between:
  - a. Age and physical, mental health and overall quality of life;
  - b. Higher BMI and severity of depression;
  - c. The frequency of alcohol consumption and the severity of depression and lower life satisfaction;
  - d. The regularity of the consumption of meals and the physical, mental health and overall quality of life;
  - e. Adherence to the principles of proper nutrition and mental health and quality of life in general.
- 5) The performed cosmetic procedure had a positive effect on:
  - a. Reduction of depression;
  - b. Greater satisfaction with life;
  - c. Reducing the impact of dermatological diseases on the quality of life;

Higher quality of physical and mental health and overall quality of life.