

QUESTIONNAIRE

This form has been constructed to assess the prevalence, knowledge and lifestyle association of acne vulgaris among the undergraduate MBBS students of all the five years of RMU. It comprises of four parts.

Note that:

Parts 1,2,3 and 4 have to be filled by the students who currently have acne vulgaris or have suffered from it at any time in the past 5 years. The students who neither have acne vulgaris nor have suffered from it in the past are required to fill parts 1 and 3 i.e. demographics and level of knowledge only. The information provided will be kept confidential.

PART 1: DEMOGRAPHICS

Gender

- Male
- Female

Marital status

- Single
- Married

Age (years)

- 18-21
- 22-25
- 26-28

Year of study

- first
- second
- third
- fourth
- final

From where do you belong

- Urban area
- Rural area

2. PREVALENCE and ATTITUDE:

What is the status of acne you have?

- Have acne vulgaris at the present time
- Had acne vulgaris at some time in the past 5 years
- Currently have and also have suffered in the past 5 years from acne vulgaris
- Do not have acne vulgaris neither had it in the past 5 years

Where do/did you have acne? You can choose multiple options.

- Face
- Back and arms
- Chest and arms
- Elsewhere
- Do not have acne

Did you consult any physician or dermatologist?

- Yes
- No

Did you take any medications for your acne?

- Yes
- No

Did that specific medication/s work?

- Yes
- No

3. LEVEL OF KNOWLEDGE

What causes acne vulgaris? You can choose multiple answers.

- Hormonal changes
- Age related
- Genes
- Stress
- Diet i.e. fried, junk and processed food items
- Personal hygiene
- Unsanitary living conditions
- Infection
- Medications
- Disturbed sleep
- Chocolates, coffee
- Obesity

Is it curable?

- Yes
- No
- Don't know

What is its treatment? You can choose multiple answers.

- Topical agents
- Oral Antibiotics and retinoids
- Hormonal agents
- Laser treatment
- Depends on the type of acne
- Can be controlled but not treated

For how long the treatment lasts?

- 1 month
- 2-3 months
- 6 months
- Don't know

Which skin type is more prone to acne?

- Dry
- Normal
- Oily
- Any skin type

What is the acne prone age?

- 10-13
- 14-17
- 18-20
- 21-23

When does it settle down?

- Early twenties
- Late twenties
- Never

4. LIFESTYLE ASSOCIATION

Do you think your acne may be related to hormonal changes in your body?

- Yes
- No

Do your acne breakouts appear at the time you are in stress?

- Yes
- No

Do you suffer from disturbed sleep and acne at the same time?

- Yes
- No

Do you eat chocolates and drink coffee often?

- Yes
- No

Are you obese?

- Yes
- No

Do you consume dairy products in more amount?

- Yes
- No

Do you eat fried, junk and processed food items ?

- Yes
- No

Do you use anti bacterial soaps, body washes, face washes and creams to reduce acne?

- Yes
- No

Do you wash your skin properly?

- Yes
- No

THANKYOU FOR TAKING OUT TIME TO FILL THIS QUESTIONNAIRE!