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THE PREVELANCE OF ACNE IN PREGNANCY AMONG SAUDI WOMEN, THE MYTH OF GENDER RELATION, A MULTICENTER STUDY

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Introduction: The negative physical and emotional impact of acne on pregnant women has been neglected in the literature and in pre-natal programs in Saudi Arabia.

Objectives: The purpose of this study is to estimate the rate of prevalence of acne during pregnancy in Saudi Arabia. A secondary objective is to explore the association between acne and gender of the fetus.

Methodology: A Multicenter cross-sectional pilot study was conducted in some public and private health establishments in Riyadh. Pregnant women attending the antenatal clinics in the period of data collection (22 June - 3 July, 2014) were invited to participate by answering a self-administered questionnaire in Arabic language. The sample size calculation revealed that 327 participants were needed. The data was analyzed using SPSS, p-value of <0.05 and 95% CI were considered statistically significant.

Results: The prevalence rate of acne during pregnancy is 40.3 %. More than one quarter of acne started to appear at the first trimester. Baby boy were associated with acne flare or exacerbation in 62% of cases p<0.001.

Conclusion: This study is the first of its kind to relate acne prevalence to pregnancy in the Kingdom. The rate of 40.3% is similar to other International study results. Also, it showed an association with fetal male gender (62%) having acne during pregnancy in contrast with other studies.

Biography

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