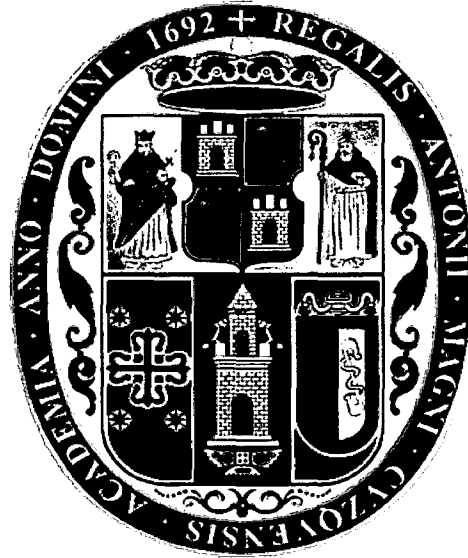


# UNIVERSIDAD NACIONAL DE SAN ANTONIO ABAD DEL CUSCO

FACULTAD DE MEDICINA HUMANA

CARRERA PROFESIONAL DE MEDICINA HUMANA



CALIDAD DE VIDA, DEPRESIÓN Y ANSIEDAD EN  
PACIENTES DE 11 A 20 AÑOS CON ACNÉ VULGAR.  
HOSPITAL REGIONAL DEL CUSCO. 2013 - 2014

TESIS PRESENTADA POR:

Bach. Bernard Enmanuel GONZALES CAYTUIRO

Para optar al título profesional de:

MÉDICO CIRUJANO

ASESOR:

Dr. Victor Hugo ARIAS CHAVEZ

CO-ASESOR:

Dra. Sedy SOLÓRZANO GUTIÉRREZ

Cusco - 2015

## **ABSTRACT**

### **TITLE:**

“QUALITY OF LIFE, DEPRESSION AND ANXIETY IN PATIENTS BETWEEN 11 TO 20 YEARS OLD WITH ACNE VULGARIS. HOSPITAL REGIONAL DE SALUD CUSCO. 2013 - 2014”

**PRESENTED BY** : Bernard Enmanuel GONZALES CAYTUIRO

**ASSESSOR** : Dr. Victor Hugo ARIAS CHAVEZ

**CO – ASSESSOR** : Dra. Sedy SOLORZANO GUTIERREZ

**BACKGROUNDS:** Acne vulgaris one of the most consulted disease in dermatology in worldwide. The teenagers's quality of life with acne is affected, so that this disease could damage their relationship with society and their mental health

**OBJECTIVES:** To determine the level of Quality of life, depression and anxiety in teenagers with acne vulgaris who consult to specialism of dermatology in the Hospital Regional de Salud of Cusco.

**METHODS:** An observational, prospective, correlational and cross-sectional study. This investigation involve a sample of 146 patients seen at specialism of dermatology. It makes a non probabilistic muestering by sequence. The information was collected by direct way with the application of validates tests. The diagnosis of Acne vulgaris was made accord to Leeds scale by an specialist in Dermatology. To estimate the affectation of Quality of Life, was applied The Cardiff Acné Disability Index (CADI). To measure the level of depression an anxiety was used the Beck Inventory for both. The data were analyzed by the Software Statistical Package for the Social Sciences (SPSS) and applycation of Chi-Square and Pearson coefficient of correlation.

**RESULTS:** The media of the age was 17,56, between 12 to 20 years; the most of the patients were males with a relation of 2,1 to 1 between men and women. The Quality of Life was affected in all cases, we found a 52% of depression and about anxiety we found 93,8% of this. The relation between acne severity and affectation of Quality of Life, acne severity and depression; and acne severity and anxiety were significant. The relation between affectation of quality of Life, depression and anxiety were significant.

**CONCLUSION:** The Quality of Life is affected significantly and directly by the acne. The depression and anxiety exist in any acne severity. The affectation of Quality of Life is directly proportional to depression and anxiety.

**Key words:** Acne vulgaris, teenagers, Quality of Life, depression, anxiety.