



EPIDEMIOLOGY

KNOWLEDGE, BELIEFS, AND AWARENESS OF THE SKIN DISEASES IN TURKEY: A QUESTIONNAIRE SURVEY OF 2429 PEOPLE

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Objectives: To evaluate, from the person's viewpoint, the level of knowledge, beliefs, and awareness about skin diseases in Turkey.

Methods: The face to face questionnaire survey were conducted from April 2018 to June 2018. It was carried out in 12 provinces by considering gender, age, and region population ratios in a way to represent overall Turkey. 25 questions were asked to people about skin diseases such as psoriasis, eczema, acne, fungal infection, skin infestation, skin cancer, sexually transmitted diseases, nail and hair disorders. This study was performed on behalf of Turkish Society of Dermatology.

Results: A total of 2429 people (Male 1221; female, 1208) participated survey. The average age of the people was 32.2 years (range, 18-65 years). Most known skin diseases are psoriasis, eczema, and fungal infections in this survey. Most of the people (75 %) thought that skin diseases have to relate to the liver as a source of the disorders. Eighty-nine percent of respondents believe that some foods such as chips, fatty foods, sunflower seeds, and chocolate can cause acne. Many participants (66 %) believe that nevi can be transformed into skin cancer and (68 %) they had awareness about the using the sunscreen prevent from the skin cancer. AIDS was the most known (81 %) sexually transmitted diseases. Stress (89 %) and genetic factors (59 %) were thought the main factors for hair loss in the woman. Ninty-one percent of participants think that vitamin deficiency can cause nail breakage. Some respondents (37 %) believe that using shampoo for pediculosis capitis can prevent lice without having any symptoms.

Conclusions: These findings can help establish appropriate evidence-based interventions about on patient education. Dermatologists should pay more attention to giving the scientific information to patients to improve treatment compliance.

