

**ABSTRACT**

**FACTORS THAT CAUSE ACNE VULGARIS IN PATIENTS FROM  
THE DERMATOVENEREOLOGY OUTPATIENT CLINIC OF DR.  
SOETOMO GENERAL HOSPITAL SURABAYA**

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**Background:** Acne vulgaris (AV) is a chronic inflammatory multifactorial disease that involves the pilosebaceous unit. The lesions of acne may be either noninflammatory (comedones, which are either blackheads or whiteheads) and inflammatory lesions (papules, nodulus or pustules). Lehmann grading system is currently used by the Dermatovenereology Outpatient Clinic of Dr. Soetomo General Hospital.

**Purpose:** To determine the degree of AV patient and the influence of different factors on the degree of AV at the Dermatovenereology Outpatient Clinic of Dr. Soetomo General Hospital.

**Method:** This research is a hospital-based, analytic observational with design cross-sectional study. The samples are patients from the Outpatient Clinic of Dermatovenereology Department of Dr. Soetomo General Hospital. Questionnaire is filled by the respondents and the degree of AV is graded by the specialist.

**Results:** Mild acne group (64.29%) is the most prevalent acne group. Among different types of diet, white bread ( $p = 0.039$ ), chocolate ( $p = 0.044$ ) and oily food ( $p = 0.013$ ) are significantly associated with degree of AV. However, white rice, potatoes and milk are insignificantly related to degree of AV ( $p > 0.05$ ). No significant association was found in skin type, skin sensitivity, hormone, genetics, drugs, stress, cosmetics, infection and trauma with degree of AV ( $p > 0.05$ ).

**Conclusion:** The factors that have influence on the degree of acne vulgaris are white bread, chocolate and oily food intake.

**Keyword:** Acne vulgaris, multifactorial, degree of AV.