



## XL COMU Awards 2021 – Clinical

### Acne in the era of COVID-19 quarantine

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**ABSTRACT:** *Introduction:* The social isolation and stay at home order due to COVID-19 pandemic precipitate several emotional disorders and behavior changes, reflecting in new cutaneous manifestations, such as development of acne and also acne breakouts in a healthy population. *Aims:* Suggest a correlation between acne as well as the potential triggers and causes during quarantine. *Objectives:* Explore acne etiology along with acneiform eruptions based on biological and psychosocial aspects in this population. *Methods:* Cross-sectional, quantitative and descriptive study with a simple random sampling of 5.000 participants in social isolation in the absence of COVID-19 infection, however showing acne complaint. The participants completed a structured questionnaire in Google Forms Platform, distributed through social media. *Results:* Acne breakouts (55.4%), dietary supplements (5.6%), Whey Protein intake (8.1%), PCOS (9.8%), anxiety (89.8%), skin picking disorder (55.3%), dermatological cosmetics purchase without medical advice (61%), suspended acne treatment owing to pandemic (42.6%), skin xerosis (33.2%), itching (17.6%) and face peel (10%). *Discussion:* The worsening of acne seems to be a consequence of dysbiosis and comedogenesis, arisen from the new daily routine in home quarantine. For example, behavior disturbances, in particular anxiety and dietary changes, WHO recommendation to wear masks as a preventive measure of COVID-19, inadvertent use of dermatological cosmetics and interruption of current treatments for acne. *Conclusion:* The role of healthy body balance, social wellness in addition to maintaining daily habits are primordial for skin microbiota regulation, maintenance of skin protective barrier defense, immunity and self-esteem in purpose of avoiding acne.

**Keywords:** Acne; Quarantine; COVID-19; Psycodermatosis; Comedogenesis.