

**Abstract N°: 4723****Analysis of anxiety disorders and quality of life in young males with androgenetic alopecia**

Iryna Chaplyk-Chyzho , Orysya Syzon , Marianna Dashko , Iryna Babak , Svitlana Volbyn , Andrii Kernitskyi

**Introduction & Objectives:** Androgenetic alopecia (AGA) is a non-scarring progressive miniaturisation of hair follicles that develops in individuals with a hereditary predisposition. The incidence of AGA is about 80% of all hair loss cases in men. Early hair loss in men aggravates the psychological state of patients and often interferes with their socialisation.

The **study objective** was to investigate the quality of life and anxiety indicators in young males with AGA.

**Materials & Methods:** We examined 44 male patients with AGA aged 17 to 35 years with AGA (the group aged 17 to 25 years included 22 patients (50%)). The dermatological quality of life index was determined using the Dermatology Life Quality Index (DLQI) psychometric checklist and anxiety scores were determined using the Spielberger-Hanin test (consisting of 40 statements, of which one to twenty are designed to assess reactive anxiety and twenty-one to forty are used to determine personal anxiety). An anxiety level of up to 30 scores is considered to be low, 31-45 scores as moderate, and more than 45 scores indicate high anxiety. The AGA clinic was assessed using the Hamilton-Norwood scale).

**Results:** According to the Hamilton-Norwood scale, 12 (27.3%) men developed AGA stage 1, 8 (18.2%) men experienced stage 2, 7 (15.9%) men - stage 3, 4 (9.1%) men - stage 4, 7 (15.9%) men - stage 5, 4 (9.1%) men - stage 6, and 2 (4.5%) men suffered from AGA stage 7.) The reference group consisted of 44 men of comparable ages.

In all examined AGA patients, the DLQI differed significantly ( $p < 0.001$ ) depending on the severity of the disease: in patients having 1-4 stages, the index was  $25.14 \pm 0.64$  (a very significant impact of dermatological disease on the LQ), and in patients with 5-7 AGA stages -  $12.31 \pm 0.63$  (a significant impact on the LQ). Notably, all patients reported that daily activities and private life were affected most of all.

Reactive and personal anxiety levels were significantly elevated (more than 45 points) according to the Spielberger-Hanin test interpretation table in all examined patients, with personal anxiety scores significantly higher than those of reactive anxiety, regardless of disease severity. However, in the male group aged 17 to 25 years, the level of both reactive ( $58.22 \pm 3.44$  scores) and personal ( $72.24 \pm 4.64$  scores) anxiety was significantly ( $p < 0.05$ ) higher than in the male group aged 26 to 35 (  $46.34 \pm 2.90$  and  $61.22 \pm 2.38$  scores, respectively).

**Conclusion:** AGA significantly compromised the LQ, especially in men suffering from 1-3 stage of hair loss. We observed higher rates of anxiety, especially personal anxiety, but the highest rates were in the group of patients under the age of 25. Thus, the treatment of AGA in young males should include sedatives and psychotherapist advice, which will help to improve the LQ and reduce anxiety in patients, especially those aged 17 to 25.

