

Public Awareness of Keratosis Pilaris in Aseer Region, Saudi Arabia

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ABSTRACT

Introduction: Keratosis pilaris is a common skin disorder characterized by little bumps on the skin. Some believe the lumps resemble goose bumps or the skin of a plucked chicken. Others misinterpret the bumps as tiny pimples. These rough-feeling pimples are actually dead skin cell plugs. The plugs are most commonly found on the upper arms and thighs (front). These pimples on the cheeks are common in children. Keratosis pilaris is a persistent skin disorder that is most frequent in adolescents.

Methods: A specially designed questionnaire was used to collect data in this cross-sectional investigation. The questionnaire included demographic questions as well as questions about Keratosis Pilaris awareness and understanding. The questionnaire was created following a series of conversations amongst a panel of experts comprised of subject specialists, researchers, and language experts. The questionnaire's Cronbach alpha was computed. The research was carried out in Saudi Arabia's Aseer region.

Results: Out of total 590 distributed forms, we got 504 properly filled forms in response, so the response rate was 85%, cronbach alpha of the questionnaire was 0.85, 61.9% were aware about the keratosis pilaris (KP).

Conclusion: A thorough patient education is essential. Despite the fact that numerous treatments are available, none of them perform well or are consistently successful; because the condition is not life-threatening, patients should be aware that some treatments are more likely to cause harm than good.

Keywords: Patients, Keratosis pilaris, Awareness, Diseases, Causes

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