

〈原 著〉

簡易皮膚測定器具による自己診断の信頼性

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Reliability of Skin-Type Self-Diagnosis Method Which Utilizes a Simple Skin Check Device

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Abstract

It is important to recognize one's own skin type when selecting cosmetics. However, it often occurs that skin types are subjectively judged. To avoid such judgment, a skin-type self-diagnosis method which utilizes a simple skin check device has been examined and its reliability evaluated. In August and February, self-diagnosis of sebum and skin moisture levels was carried out using 72 women as subjects. Skin Capacitance Meter A and Sebum Paper (whose surface layer turns transparent with the lower layer becoming green when it adsorbs sebum) were used as a skin check device. Results of this self-diagnosis were compared with those measured by a skilled operator in the laboratory. Correlation coefficients between the skin sebum levels measured at the subject's houses and those in the laboratory ranged from 0.58 to 0.74. It has been discovered that the variation in the results of sebum level measurement was minimal regardless of the season and environment of measurement, and operation of the self-diagnosis devices, and the self-diagnosis of skin sebum levels has thus been judged highly reliable. On the other hand, results of skin moisture level have shown that reproducibility is low. An error in operation of the self-diagnosis device has been considered to be a cause of the error.

Key words: sebum, skin moisture, skin type, self-diagnosis.