

〈特別記念プログラムⅡ〉

(21世紀の香粧品Ⅱ—Quality of Life と化粧)

## アトピー性皮膚炎と化粧品

有川 順子\*

### Atopic Dermatitis and Cosmetics

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#### Abstract

In this study, we investigated how the patients with atopic dermatitis think about cosmetics and make-up, by means of questionnaring. Most patients wear their make-up every day and carefully select cosmetics from the point view of safety. The patients expect their skin to be made beautiful by make-up. Sixty percent of patients are satisfied with their cosmetics, but they are not sure of their make-up technique. In fact, 80% of patients hope to experience a make-up done by professional artist. Four patients received guidance on the make-up by a professional artist, and then took the psychological test called STAI (State-trait anxiety inventory) before and after the guidance including counseling. As a result, the numerical value of state anxiety of all patients decreased in comparison with that before the guidance. Cosmetics seem to calm anxiety or give a feeling of satisfaction in their daily lives. For the better quality of life of atopic dermatitis patients, after-care including counseling system and good quality of cosmetics will be desirable in the future.

**Key words:** atopic dermatitis, cosmetics, quality of life.