

〈Regular Article〉

Skin Typing, Sun Exposure, and Sunscreen Use in a Population of Japanese Females Using an Online Interview

Akira KAWADA^{* 1}, Haruyo SASAYA¹, Ayaka HIRAO¹,
Tamae WADA¹, Naoki OISO¹, Kana ISHIHARA²

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Abstract

The purpose of this study was to investigate sun exposure, sunscreen use and the relationship between photoaging and sun exposure in a population of Japanese females. An online interview was performed at October 19th and 20th in 2009. Five hundred and fourteen females participated in this study. The largest number of subjects belonged to Japanese skin type class J-II (53%), J-I was second (31%), and J-III was third (16%). Fifty-seven and 45% of subjects had remarkable freckles and wrinkles, respectively. A group with much and moderate sun exposure had remarkable freckles significantly more than a group with minimum and little sun exposure ($p < 0.01$). Past history of sun exposure had no significant relation to presence of remarkable wrinkles. Twelve percent and 42% of those studied had occupational and recreational sun exposure, respectively. Eighty-one percent of those had habitual sun exposure. Sunscreens and cosmetics containing sunscreen agents were used by 86% and 65% of the subjects, respectively. Eighty-seven knew sun protection factor (SPF), but only 14% of them (12% of the total subjects) had accurate understanding the definition of SPF. Seventy-four percent knew protection grade of UVA (PA), but only 9% of them (7% of the total subjects) understood the definition of PA. This study demonstrated defects in the correct knowledge of SPF and PA and a relationship between freckles and sun-exposure history. Education in the appropriate use of sunscreens and the significance of SPF and PA is needed.

Key words: sun exposure, sunscreen use, photoaging, skin phototype.