

Appendix SI. Questionnaire-based telephone survey (FSJ / GEA 2008)

Date of interview:

Have you had or do you currently have acne?

- Yes, currently
- Yes, previously
- No, never

If you answered "yes", how would you describe your acne now or when you had it? (If you had several stages, please indicate the most severe stage).

- Mild
- Moderate
- Severe

How long did the acne last/has the acne lasted?

- <3 months
- 3-6 months
- 6-12 months
- >12 months

Do you have any friends or relatives (parents, brothers or sisters, close friends) who have or have had acne?

- Yes
- No

Please give your opinion on the following statements:

1. It is normal for teenagers to have acne.
Strongly disagree, mildly disagree, tend to agree, strongly agree
2. Acne is a disease.
Strongly disagree, mildly disagree, tend to agree, strongly agree
3. Acne is due to puberty.
Strongly disagree, mildly disagree, tend to agree, strongly agree
4. Acne is related to one's mood.
Strongly disagree, mildly disagree, tend to agree, strongly agree
5. Acne is inherited from one's parents.
Strongly disagree, mildly disagree, tend to agree, strongly agree
6. Acne can be caught by kissing.
Strongly disagree, mildly disagree, tend to agree, strongly agree
7. Spots=acne.
Strongly disagree, mildly disagree, tend to agree, strongly agree
8. Warts=acne.
Strongly disagree, mildly disagree, tend to agree, strongly agree
9. Acne disappears spontaneously as one gets older.
Strongly disagree, mildly disagree, tend to agree, strongly agree
10. Acne is an infectious disease (due to bacteria, viruses, fungi, etc.).
Yes / No
11. Do girls or boys have more acne?
Girls / Boys / No difference

Please give your opinion on which of the following items (one response only) worsen, improve or do not affect acne (or "don't know")?

12. Chocolate & snacks
13. Alcohol
14. Washing frequently
15. Fatty foods (e.g. sausages, French fries, etc.)
16. Dairy products
17. Not washing
18. Sex
19. Mood
20. Monthly period
21. Stress (e.g. exams, competitive sport, family relationships, moving home, etc.)
22. Repeatedly touching or squeezing spots
23. Cigarettes
24. Pollution
25. Sunlight
26. Sunbeds
27. Make-up
28. Physical activity
29. Overweight
30. Cannabis
31. Not enough sleep
32. Sweating

33. Does acne need to be treated? Yes / No
- If "yes"
34. With cosmetic methods? Yes / No
35. With products purchased in general stores? Yes / No
36. With personal hygiene products? Yes / No
37. With disinfectants (alcohol, "Hexomedine®")? Yes / No
38. With ointments provided by a pharmacist? Yes / No
39. With products applied to the skin, prescribed by a doctor? Yes / No
40. With medicines (tablets, capsules) prescribed by a doctor? Yes / No
41. By going to a psychologist? Yes / No
42. By having a healthy lifestyle? Yes / No
43. What cures acne best?
- Ointments
 - Tablets
 - Laser therapy
44. In your opinion, proper treatment implies taking a pill or applying an ointment
- Once or twice a week
 - Every two days
 - Every day
45. In your opinion, have treatments for acne improved in recent years? Yes / No

For those who have or have had acne

46. In your opinion, the "ideal" treatment gets rid of the spots within:
- Less than a week
 - 15 days
 - 1 month
 - 2 months
 - 3 months
47. In your experience, current treatments for acne get rid of the spots within:
- Less than a week
 - 15 days
 - 1 month
 - 2 months
 - 3 months
 - Never
48. How long, on average, do you attempt or have you attempted seriously to treat your acne?
- Less than a week
 - 15 days
 - 1 month
 - 2 months
 - 3 months
49. Is the treatment worth the trouble? Yes / No

50. Do your parents agree to buy a medicine for acne that is not covered by the health service?
Yes / No / Don't know
51. Did you go or do you go to see a doctor for your acne:
- Regularly
 - Occasionally
 - Only once or twice, without returning
 - Never
52. If you answered c or d, what stops or stopped you from going or returning to see a doctor?
- Apprehension? Yes / No
 - Cost? Yes / No
 - The time it takes to get an appointment? Yes / No
 - Your parents' reaction? Yes / No
 - Worried that your parents will want to accompany you? Yes / No
 - Your parents think it's normal, that you'll grow out of it? Yes / No
 - You think there's no point: acne's normal, nothing can be done about it? Yes / No
 - Because treatments are ineffective? Yes / No
53. Do you think that understanding and getting information about your acne could help you to treat it better? Yes / No
54. Would having time to talk about your acne with your doctor help you accept it? Yes / No

For all respondents:

54. In your opinion, can acne be permanently cured? Yes / No

55. Who do you turn to (or would you turn to) for advice about your acne?

- Parents
- Friends
- Internet (forums, chat)
- Pharmacist
- Beautician
- School nurse
- General practitioner
- Dermatologist
- Gynaecologist

Gender of the caller:

Female / Male

Age of caller:

School / work situation:

- Primary school
- Secondary school (11–16 years)
- High school (17–18 years)
- Student (higher education)
- Trainee
- Employee
- Unemployed
- Other