Quality of Life Impact and Awareness of Primary Focal Hyperhidrosis in Children and Adolescents

Study Participants

- The characteristics of the participants are described in Table 1.
- Participants were either in a state of severe or severe hyperhidrosis.
- Most participants reported experiencing hyperhidrosis in multiple focal areas.
- Among participants with excessive sweating, general well-being and body image were negatively impacted.
- In addition, the negative association was only observed through an self-report measure in which the most severe item was excessive sweating in any age group.

Table 1: Participant Characteristics

<table>
<thead>
<tr>
<th>Group</th>
<th>Age (years)</th>
<th>N</th>
<th>Mean</th>
<th>SD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult</td>
<td>18-30</td>
<td>45</td>
<td>29.2</td>
<td>2.5</td>
</tr>
<tr>
<td>Adolescents</td>
<td>14-17</td>
<td>45</td>
<td>15.8</td>
<td>2.3</td>
</tr>
<tr>
<td>Caregivers</td>
<td></td>
<td>45</td>
<td>46.6</td>
<td>4.2</td>
</tr>
</tbody>
</table>

Quality of Life Impact (Children, Adolescents, Caregivers, and Young Adults)

- Across all age groups, language and visual depictions of associations with sweating were negative and dramatically affected the respondent.
- Adolescents reported the highest level of negative associations with sweating, followed by young adults and caregivers.
- The most common associations with sweating were emotional and social, followed by functional and financial.

RESULTS

Figure 2: Quality of Life Impact Varies Across Age Groups

- The frequency of associations with sweating was highest in adolescents, followed by young adults and caregivers.
- The association with sweating was least observed in adults.

Figure 3: Negative Association of Sweating Among Children

- A happy person, not sweating!
- A happy person, not sweating!
- A happy person, not sweating!
- A happy person, not sweating!

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CONCLUSIONS

- Of note, caregiver feedback was not systematically collected; however, caregivers did note it was easier for some caregivers to understand the condition. Several caregivers also noted that it also affected their hyperhidrosis knowledge and were more conscious of the impact. While some of these were very circumspect and understanding, other caregivers seemed to barely display the impact of decreased contact with their child's self-esteem.

Management Strategies

- The use of combative strategies described by participants in the study generally led to one of these categories: adaptive coping, changing their daily routine, or changing their activity.
- Participants engaged in a variety of strategies to deal with childhood hyperhidrosis, including hyperhidrosis treatment, daily hygiene practices, and social and emotional strategies.

Figure 5: Management Strategies Used Across Hyperhidrosis Subgroups

- Management strategies were most commonly used by adolescents and young adults, followed by caregivers and children.
- The most commonly used strategies were daily hygiene practices, adaptive coping, and social and emotional strategies.

REFERENCES


