

《抑郁症看脸！痤疮和抑郁症有关》

近日，发表在《英国皮肤病学》杂志上的一项新研究表明，痤疮可能导致严重的抑郁症，风险最高期的是痤疮确诊后的第一年。



A new study suggests that acne can lead to major depression, and the risk is highest in the first year after acne has been diagnosed.

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Published in The British Journal of Dermatology, the new research drew on data from nearly 1.9 million men and women over a 15-year period. (They were all part of The Health Improvement Network, a large primary care database in the United Kingdom, according to a press release.)

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The researchers compared the mental health of more than 134,000 people with acne to that of 1.7 million people who were blemish-free.

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After accounting for behaviors that can contribute to depression—things like smoking, drinking, weight, and income—the researchers discovered that the likelihood of developing major depression jumped by 63 percent in the year following an acne diagnosis, and it remained elevated for up to five years when compared to people who didn't have acne.

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The lead author, Isabelle A. Vallerand, PhD, an epidemiologist at the University of Calgary, told the New York Times: "It appears that acne is a lot more than just skin deep. It can have a substantial impact on overall mental health."

????????????????????????Isabelle A. Vallerand????????????"????????????????????????????????????"

She believes the link needs to be taken seriously. Health-care providers should track the mood of acne patients and be ready to address signs depression—or consult with a mental health professional.

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