

Table 3 Factors believed by acne patients to affect their acne condition (n = 166)

Variable	Effect on acne condition (% of patients)		
	No effect	Worse	Better
Menstrual cycle (females) (n = 83)	2.4	97.6	–
Emotional stress and worry	13.9	86.1	–
Hot weather (sunlight and heat)	22.3	77.7	–
Excessive sweating	31.3	68.7	–
Cosmetic use (females) (n = 30)	70.0	30.0	–
Cold weather	34.3	–	65.7
Foods			
Nuts	10.8	89.2	–
Chocolate	15.1	84.9	–
Cakes and biscuits	42.8	57.2	–
Oily food	47.0	53.0	–
Fried food	48.2	51.8	–
Eggs	57.8	42.2	–
Milk, yogurt and cheese	77.1	22.9	–
Butter and margarine	78.9	21.1	–
Cream	79.5	20.5	–
Coffee and tea	87.9	12.1	–
Spices	89.2	10.8	–
Seeds	98.2	1.8	–
Vegetables and fruits	80.7	–	19.3

n = total number of patients.