

Patient Interview Questions

1. How old were you when your acne started?
2. Do you have a family history of acne?
3. What are you currently using to treat your acne?
4. What have you used in the past to treat your acne?
5. Would you describe your skin as oily, dry or combination? On a scale of 1-10, how oily is your face?
6. What products are you using over the counter?
7. Describe your skin care routine.
8. Have you started or stopped any medications or supplements recently?
9. Describe your diet, particularly your consumption of high-glycemic foods, dairy and whey protein.
10. What is your occupation?
11. Do you have any hobbies? (things that involve sweating, heat, chemical exposures, etc.)
12. Can you identify any acne triggers?
13. Describe your workout routine.

Additional Questions For Females

1. Does your acne worsen around or during menses?
2. Are your periods irregular?
3. Do you notice any abnormal hair growth?
4. Do you associate any other symptoms with your acne?
5. Are you taking birth control or any hormonal therapies?
6. Do you have any family history of endocrine or polycystic ovarian disease?