BACKGROUND

- Hyperhidrosis is defined as an idiopathic and excessive sweat production problem and is necessary to maintain thermal regulation and normal skin function.

- It affects 2% of the general population and is more frequent in males than in females. Approximately 25% of the general population experiences excessive sweating, with nearly 70% of these individuals feeling depressed or a moderate to severe disability.

- In general, there is a lack of awareness of hyperhidrosis as an initial medical condition and an underestimation for the extent of burden caused by the disease. Though primary focal hyperhidrosis typically has a bilateral and familial onset, only a few studies exist that have developed specific treatment protocols. In addition, there are few interventions for hyperhidrosis patients, and data that are sorely needed to guide optimal management of these patients. The results of this study are intended to extend existing knowledge about the condition.

- Although data were not systematically collected, gender-specific differences were most evident among adolescent females, with girls and women being more affected by the condition than boys and men. Furthermore, though the experience of hyperhidrosis varied across age groups, it was evident that all respondents were affected in their daily lives, even if for different reasons.

- This study was designed as a deductive qualitative design supported by in-person interviews to summarize the study features, which included a deductive qualitative design supported by in-person interviews.

METHODS

- Study Design and Participants

  - Figure 1 summarizes the study features, which include a qualitative analysis designed by experienced interviewers in children with excessive sweating and their caregivers (aged 4-17 years). The interviews were conducted in-person (2019) and telephone (2019) (n = 40). All participants were asked to reflect on their experiences long with hyperhidrosis when they were young.

  - Participants were recruited by phone, via media, or a flyer (n = 40). All participants were asked to reflect on their experiences long with hyperhidrosis when they were young.

  - Participants underwent an initial, online pre-screening followed by a qualitative phase.

  - Eligibility was validated via phone, during which a trained recruiter confirmed online responses for study inclusion criteria.

  - Compensation was offered for time spent in interviews.

- Data Collection

  - Data were collected using 90- to 120-minute in-depth interviews or small focus groups conducted in September 2019 in Houston, Texas, and Atlanta, Georgia.

  - Professional moderation using a structured interview guide led the discussion to understand the emotions, perceptions, and adaptations made with respect to living for someone with hyperhidrosis as well as their experience and awareness of the disease.

- At interviews and focus groups were recorded and transcribed for subsequent context, linguistic, and thematic analysis to identify and categorize themes and patterns of meaning that were repeated.

- Interviews were held on one occasion, whereby respondents could select a random site in the face of an ever-changing local setting and hyperhidrosis locations. The focus group had participants also complete a demographic.

RESULTS

- Study Participants

  - Characteristics of the participants are described in Table 1. The table shows that participants reported an average age of 18 years old and that most participants reported experiencing excessive sweating in multiple focal areas.

  - Areas with excessive sweating were generally considered to be focal hyperhidrosis, including palmar (100%), axillary (96%), and plantar (96%). In general, participants reported limiting situations that made them sweat more (e.g., meeting new people, outdoor concerts).

- Quality of Life Impact: Children, Adolescents, Caregivers, and Young Adults

  - Table 1: Characteristic of the 40 participants are described in

    | Area of Life                          | Children | Adolescents | Caregivers | Young Adults |
    |-------------------------------------|----------|-------------|------------|-------------|
    | Emotional                             |          |             |            |             |
    | Living Behavior                       |          |             |            |             |
    | Disease Awareness                     |          |             |            |             |
    | Life Satisfaction                     |          |             |            |             |
    | Disease Awareness                     |          |             |            |             |
    | Life Satisfaction                     |          |             |            |             |
    | Disease Awareness                     |          |             |            |             |

- Table 1.

- Table 2: Disease Impact Among Children

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- Figure 3: Negative Association of Sweating Among Children

- Figure 3

CONCLUSIONS

- The incidence of hyperhidrosis does not appear to be diminished in adulthood.

- Adults report limiting situations that make them sweat more often (e.g., meeting new people, outdoor concerts).

- Functional impacts involve as the peer-perceived with professional interactions (establishing family, working, business, etc.), causing an impact on self-esteem, with some adults reporting no change in perception of self-esteem.

- Areas of high impact, target familial interactions with sweating were negative and dramatically decreased in children, adolescents, and young adults.

- The negative association was visualized through an emotional response in which the most common emotions across all age groups were sadness, embarrassment, anger, and anxiety.

- In addition, the negative association was considerably expressed through changes seen among the younger participants.

- Though data indicated some statistically significant differences in emotional responses among adolescents with hyperhidrosis, the emotional responses among adults were also negatively impacted, and caregivers displayed significantly higher emotional responses than children and adolescents.

- The emotional responses matched with the intensity of sweating and the emotional response of the child or adolescent to the sweating.

- Through analysis of the data, it can be concluded that children, adolescents, and young adults with hyperhidrosis experience emotional distress, which can lead to depression, anxiety, and social isolation.

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