

Stress makes acne worse

Acne is a bummer; it mars the complexion and, in severe cases, the self-esteem of the sufferer. But stressing about it may only make it worse, a new study suggests. An international team of researchers surveyed 3,500 teenagers in Oslo about the extent of their acne and their state of mind. Teens with anxiety and depression were far more likely than happier kids to report having acne—and the more blue they felt, the worse their acne. The study didn't address why that might be; one theory is that stress stimulates nerves in the face, stimulating the production of more oily sebum and creating more clogged pores and pimples. "I hope that this study will encourage doctors to help adolescents to treat their acne," lead author Jon Halvorsen tells *Science Daily*. "Young people deserve better!"