



PalStudent Journal
A Palestinian Scientific Journal for the Youth



ABSTRACTS: VOLUME 6, SPECIAL ISSUE

ABSTRACT

Palestinian Women's knowledge, Attitudes, and Experience of Using Skin-Lightening Products: A cross-sectional survey.

Batool Baraka, Linda Darabee, Razan Abusarhan, Noor Abu Kharma, Lina Khamaysa, Sawsan Salameh, Dala Daraghmeah.

Palestine, Al-Quds University, Faculty of Pharmacy.

Background: The need for white skin has become a worldwide phenomenon and a cultural beauty standard especially among dark skinned populations. The use of skin bleaching without professional guidance has raised concerns about public health. A number of skin-lightening products (SLPs) have been linked to major side effects related to dermatology, the kidneys, and the nervous system. These products also contain hydroquinone, mercury, and corticosteroids. Studies show that achieving pale skin and beauty are the most common goals. Impressing peers and men are among the other reasons for wanting to get rid of redness, pustules, and skin issues.

Objectives: This study aims to investigate the extent to which Palestinian women use SLPs, as well as their knowledge, attitudes, and practices about SLP use. It also looks into characteristics that may be related to SLP use.

To the best of our knowledge, no research has been published examining the use of SLPs by Palestinian women or their attitudes, behaviors, and knowledge of SLPs. Therefore, this study could be useful in identifying the knowledge gap and involving healthcare providers in educating women about how to use these items properly. Strict standards and policies should be implemented to address the practices related to these goods.

PalStudent Journal

Correspondence concerning this article should be addressed to the mentioned authors at the mentioned institutes.

Copyright © 2024 Al-Quds University, Deanship of Scientific Research. All rights reserved.

E-mail: research@admin.alquds.edu

Palestine, Abu Dis, Al-Quds University



Methods: A cross-sectional study was conducted over two months from February to April 2024 using a questionnaire. The questionnaire, in Arabic, was distributed to any female in the West bank aged 15 or more using social media platforms. The questionnaire included demographic characteristics, general lifestyle (6 items), knowledge (14 items), and practices (8 items). The data were analyzed using the Statistical Package for the Social Sciences (SPSS), Version 27.0. Qualitative data was expressed in frequency and percentages, whereas continuous variables were represented by the mean (standard deviation) for continuous variables and percentage for categorical variables. The study performed linear regression analysis to identify the variables affecting customers' awareness of the active components in skin-whitening products and the potential negative effects of using them.

Results: The study included 761 participants, 54% (n=411) were between the ages of 21 and 30 years. 63.9% were unmarried, 88.1% held a university degree, and 34.6% worked in a healthcare-related field. 40.7% responded utilize SLPs; most of these uses are not related to medicine. Before using the skin lightening product, the majority of individuals (70%) sought advice from a doctor or pharmacist, and 48.5% looked up the skin lightning product's ingredient list beforehand. A large number of individuals were exposed to the sun, and 54% did not think that lighter skin tones were more beautiful. There was variation in knowledge of SLPs; 62.4% thought they were cosmetic. The main information source was social media. The frequency of use varied, with 27% daily and 4% occasional users.

Conclusions: In this study, most participants demonstrated reasonable knowledge, attitude, and practice related to SLPs. Participants reported consulting a healthcare provider before starting to use SLPs, and checking the ingredient list before using the product. Therefore, regulation and controlling the use of bleaching products are essential, as is educating women about the risks involved with this practice. The misuse of bleaching products should decline with greater awareness.

Keywords: skin lightening products, colorism, skin tone, knowledge, attitude, practice.