

A Study on Trends and Knowledge of using Cosmetics among Undergraduates and Staff at the University of Peradeniya

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Cosmetic is a product that can be applied to the human body which has health and psychological benefits. Its adverse reactions are managed by cosmetovigilance, educational programs, regulations, and safety practices. This study aims to investigate trends and perceptions on using cosmetics and related adverse reactions among undergraduates and staff at the University of Peradeniya. A cross-sectional descriptive study was conducted among undergraduates and staff at the University of Peradeniya using the convenient sampling method (n=403). An ethical approval (AHS/ERC/2023/007) and permission from the Vice Chancellor were granted before conducting the study. A self-administered pre-tested questionnaire and consent forms in all three languages (English, Sinhala, and Tamil) were distributed among undergraduates and staff. It focused usage and purchase of cosmetics and expenditures, participants' experience of cosmetics-related adverse reactions, awareness on cosmetics, and practices regarding cosmetics consumption. The pilot study and validation were done before the main study. The results were analyzed using Statistical Package for Social Sciences (SPSS) software (version 25.0 IBM) by conducting descriptive statistics and significance association at 5% significant level. This study revealed there was a statistically significant association between money spent on cosmetics with income per month (p =0.001), gender (p =0.001), age (p =0.001), and occupation (p =0.001). About 82% of the university population was using cosmetics. Based on the responses, price was an important factor (18%) in purchasing cosmetics. Cosmetics are mainly used for moisturizing (28.1%). The majority of staff (70%) and students (71%) reported usage of both herbal and synthetic cosmetic products concurrently. About 1/3 of participants had experienced adverse reactions in the past mainly on acne (62.6%). Face and hair were mostly affected. There was a statistically significant association between the adverse reaction and gender (p =0.007). This study found that the majority of the population (82%) at the University of Peradeniya use cosmetics. Based on this study, in most of instances, staff have more awareness regarding cosmetic usage than students. When comparing ADR with cosmetics, students have more awareness compared to staff. This study recommends awareness and healthy practices to prevent adverse reactions by cosmetics.

Keywords: Adverse Reaction, Cosmetics, Cosmetovigilance, Knowledge, Trends, Undergraduates and Staff