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# ANDROGENETIC ALOPECIA AND EMOTIONAL IMPACT: A PERSPECTIVE FROM DERMATOLOGICAL NURSING AND AESTHETIC CARE

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**ABSTRACT: Background:** Androgenetic alopecia (AGA) is the most common form of hair loss worldwide, with significant psychosocial consequences that affect quality of life. **Objective:** To analyze the emotional impact of AGA and highlight the role of dermatological and aesthetic nursing in patient-centered care. **Methods:** Narrative review of high-impact (Q1) literature indexed in Scopus and Web of Science (2018–2024). **Results:** AGA is strongly associated with anxiety, depression, and impaired self-image. Nursing interventions improve treatment adherence, emotional coping, and patient satisfaction. **Conclusion:** Integrating emotional support into dermatological nursing care is essential for optimizing outcomes in patients with AGA.

**KEYWORDS (MeSH):** Androgenetic Alopecia; Dermatological Nursing; Quality of Life; Mental Health; Aesthetic Nursing.

## Introduction

Androgenetic alopecia (AGA) is a highly prevalent chronic condition that affects both men and women, with a growing incidence in younger populations (Sinclair, 2018; Gupta et al., 2020). Beyond its clinical manifestation, AGA has a significant impact on body image perception, self-esteem, and social interaction (Cash, 2019).

Recent studies have shown that patients with AGA are at increased risk for anxiety, depression, and impaired health-related quality of life (QoL) (Hunt & McHale, 2020; Almohanna et al., 2019). In this context, dermatological nursing emerges as a fundamental pillar in the comprehensive care of the patient.

## Method

A narrative review was conducted based on scientific literature indexed in Q1 journals in databases such as Scopus and Web of Science, including studies published between 2018 and 2024. Priority was given to research related to:

- the psychological impact of AGA
- quality of life
- dermatological nursing interventions
- therapeutic adherence

## Results

Evidence shows that AGA is significantly associated with:

- decreased self-esteem (Cash et al., 2019)
- social anxiety (Gupta & Gupta, 2020)
- depressive symptoms (Hunt & McHale, 2020)

Furthermore, studies in cosmetic dermatology indicate that perceptions of one's hair are closely linked to personal identity and perceptions of attractiveness (York et al., 2020).

Nursing interventions have demonstrated:

- improved treatment adherence (Tosti et al., 2021)
- reduction in emotional stress (Almohanna et al., 2019)
- greater patient satisfaction

## Discussion

The emotional impact of AGA requires an interdisciplinary approach in which dermatological and aesthetic nursing plays a key role. Therapeutic education, emotional support, and empathetic communication are fundamental strategies for improving the patient experience.

Likewise, the integration of aesthetic care (hair treatments, cosmetic counseling) helps restore the patient's self-esteem and sense of control (Sadick et al., 2020).

From a critical perspective, there remains a gap in nursing staff training regarding the emotional management of dermatological conditions, which limits the quality of comprehensive care.

## Conclusion

AGA should not be approached solely as a cosmetic condition, but as a condition with profound emotional implications. Dermatological nursing plays a strategic role in humanizing care, improving quality of life and clinical outcomes.

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