

〈原 著〉

## 日本人女性における肌に対する意識と 生理学的特性との関連に関する研究

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### A Study for the Relationship between Subjective and Physiological Evaluation of the Facial Skin Condition in Healthy Japanese Females

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#### Abstract

We studied the relationship between subjective and physiological evaluations of the face skin conditions in 174 healthy Japanese females. The face to face interviews was carried out to take the data of self-estimations on their face skin conditions. We also examined the subject's face skin conditions objectively by inspection.

As physiological parameters, we measured the water content of stratum corneum by **SKICON-200 (IBS)** and **Sofina Beauty Computer (KAO)**, skin surface lipids by **Sofina Beauty Computer**, skin elasticity by **Cutometer (Courage and Khazaka)** and skin color by **CMS-1200** colorimeter (**Murakami Shikisai**). Microstructure of the skin surface was observed by **Direct Skin Analyzer (KAO)**.

Self-estimation of the skin conditions varied in several expressions in each individual even when the same physiological parameter showed the same result. Especially, dryness was expressed in various ways. There was no good correlation between subjective and physiological evaluations of skin dryness. As to oiliness, we could take good correlations between the subjective evaluations and the skin surface lipids. Skin aging factors such as pigmentation, wrinkles, sagging, etc. showed good correlations between subjective and physiological evaluations.

In this paper, we reported the above results and discussed the causative factors induced the discrepancy between subjective and physiological evaluations.

**Key words:** subjective evaluation, dryness, oiliness, aging, factor analysis