

# The factors contributing to the hair loss among adults in University of Cyberjaya, Selangor

**Praveena Vijaya Devan, Saranya Rajindran, Nur Kamilia Tasnim Fauzi, Muhammad Amir Sharafuddin Shahrom, Thamilvaani Manaharan**

Faculty of Medicine, University of Cyberjaya, Selangor, Malaysia

## ABSTRACT

**Introduction:** Hair loss, or alopecia, affects approximately 50% of men and women at some point in their lives, with androgenetic alopecia being the most prevalent form impacting nearly 70% of men and 40% of women by age 50. There is evidence supporting that alopecia is psychologically damaging and causes intense emotional suffering, and leads to personal, social, and work-related stresses. **Objectives:** In this study, we investigate the factors contributing to hair loss among adults and how hair loss affects their social life, health and psychological well-being. **Materials and Methods:** A cross-sectional study was conducted targeting adults aged 18 to 65 years old. Data was collected by distributing questionnaire which were adopted from previous study. The data collected were carefully analysed using Jeffrey's Amazing Statistics Program (JASP) version 0.16.2. The predominant factors analysed in this study was the hair condition, hair care practices, genetics, health status and nutritional intake. **Results:** Two thirds of the participants reported having hair loss. It was revealed that Chinese ethnicity reported the highest occurrence of hair loss, followed by Malays and Indians. Gender basis, females exhibited higher occurrences of hair loss compared to male participants ( $p < 0.001$ ). Besides that, certain hair care practices have been noted to be associated with hair loss, such as frequency of hair being chemically processed, frequency of hair being heat processed, frequency of hair being dyed/highlighted or coloured and hair styling method. Genetic factor also plays an important role as those with family history of male pattern baldness reported high occurrences of hair loss ( $p < 0.001$ ). Lastly, our study showed that hair loss affects those who experience it negatively regarding their psychological well-being, particularly with stress and anxiety. **Conclusion:** Hence, expanding the research population to get more data from a wider demographic will reveal more clearly the factors associated with hair loss.