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## Does Eating Chocolate Cause Acne?

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### ABSTRACT

*It is often said that eating chocolate will give you acne. To further this idea, 400 students from high schools are divided into 4 groups and each group is given different amounts of chocolate daily (1 bar, 3 bars, 6 bars, or 10 bars). They are treated for a month until the observation is finished. After testing them, data shows that there is a weak positive correlation between eating chocolate and having acnes. In brief, chocolate is not a cause of acne.*

### INTRODUCTION

When it comes to acne teenagers will do anything for the sake of having hopes that the acne will disappear. Many teenagers do not know the causes of pimples and one of their beliefs is by eating chocolates. To confirm this assumption, the experimenter, Victor Seo has developed an experiment to prove the hypothesis: “people who consume lots of chocolate will produce more acne than people eat less chocolate. 400 students of teenagers with grades ranging from 9 to 11 will be examined divided into four groups each consuming 1 bar, 3 bars, 6 bars, or 10 bars daily. This experiment will remain over a time period of a month. Meals will be served in equal amounts and the amounts of acne will be recorded every week.

## METHOD

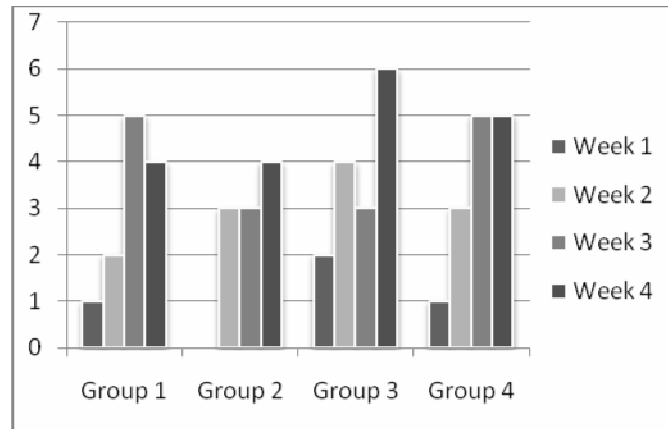
In secondary schools in Toronto, random 400 students ranging from grade 9 to 11 will be chosen. The students who have serious acne will be not allowed to participate in the experiment. The people who are chosen will be around the average weight, have healthy body, sleep about 8 hours daily, and not be taking or abusing drugs. These 400 students will be divided into 4 groups, and in each group of students will be taking different amounts of chocolate every day. Each group will be taking 1 bar, 3 bars, 6 bars, and 10 bars respectively. Their meals will be served in the same amount, and they will have their chocolate after their meal. This process will repeat every day until a month passed. The amount of zits will be counted every week (a total of 4 times).

## RESULTS

After accomplishing the experiment, data was used to graph to relations. So can conclude that there is a weak positive correlation between eating chocolates and getting acne. The following data was summarized from the experiment, in the table below...

	1 <sup>st</sup> Week	2 <sup>nd</sup> Week	3 <sup>rd</sup> Week	4 <sup>th</sup> Week
<b>Group 1 (1 bar)</b>	1	2	5	4
<b>Group 2 (3 bars)</b>	0	3	3	4
<b>Group 3 (6 bars)</b>	2	4	3	6
<b>Group 4 (10 bars)</b>	1	3	4	5

Average Numbers of acne per



In the bar graph, the difference between group 1 and 4 was not very big. It seems that Group 3 had the highest acne problem yet it didn't have the highest consumption of chocolate. However, there is a significant difference between the first week and the last week for all of the groups. This experiment gives a correlation between eating chocolates and getting acnes, but the experiment is not flawless. Since there wasn't a big gap between Group 1 and 4, and a big gap between week 1 and 4, it seems that the students were experiencing stress or different lifestyles during the experiment. Other factors that could have affected this were not enough sleeping or exercising. Therefore, Seo can show the data collected, and the resultant conclusion is that chocolate may not affect getting acne.

## CONCLUSION

In short, through Seo's hypothesis, there is no relationship between eating chocolate and getting acne. Although the experiment seemed like there was a relationship, it was simply because of a flaw. Some people might agree that there is a relationship because acne increased from week 1 to week 4, but the real answer is the difference between Group 1 and Group 4. Fortunately, teenagers who were freaking about not being able eat chocolate anymore can now eat willingly.

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