



ACNE, ROSACEA, AND RELATED DISORDERS (INCLUDING HIDRADENITIS SUPPURATIVA)

FACTORS CONTRIBUTING TO DEPRESSION AND CHRONIC PAIN IN PATIENTS WITH HIDRADENITIS SUPPURATIVA: RESULTS FROM A SINGLE CENTER RETROSPECTIVE REVIEW

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Introduction: Hidradenitis suppurativa (HS) is a debilitating chronic disease that leads to inflammation and abscess formation in the involved skin, along with a malodorous discharge¹. Pain is a considerable aspect of HS and significantly impacts quality of life. In addition, HS is significantly associated with depression². A better understanding of contributing factors to depression and pain in patients with HS can identify opportunities to improve care for patients.

Objective: To identify factors that contribute to depression and chronic pain in patients with HS.

Materials and Methods: This is a retrospective chart review of patients with HS (n=283) from July 2012 to December 2015. The association between HS and depression and chronic pain was assessed in multivariate models using logistic regression analyses.

Results: Sixty-nine patients (24.4%) with HS had a concurrent diagnosis of depression; 113 HS patients (39.9%) had a concurrent diagnosis of chronic pain. The difference between Hurley scores in the chronic pain and nonchronic pain groups was statistically significant ($p = 0.045$). Patients with a greater number of areas of involvement were more likely to have both chronic pain and depression. The difference between the number of areas of involvement in the depression and nondepression groups was statistically significant ($p = 0.013$). The difference between the number of areas of involvement in the chronic pain and nonchronic pain groups was statistically significant ($p = 0.001$).

Conclusions: Until recently, the psychological burden and chronic pain of hidradenitis suppurativa has been neglected in the literature. Many studies have shown a higher prevalence of depression in patients with HS, and virtually all studies have shown that patients with HS have a diminished quality of life.²⁻⁶ Our study shows that a greater the number of areas involved, the more likely that the HS patient also has depression and chronic pain.

