



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

IMPAIRED QUALIFY OF LIFE, PAIN AND PSYCHOLOGICAL COMORBIDITIES IN HIDRADENITIS SUPPURATIVA

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Introduction: Hidradenitis suppurativa (HS) is a chronic inflammatory skin condition characterised by recurrent painful boils in flexural sites, that affects about 1% of the population, with onset in early adulthood. HS can have significant psychological consequences and affect dramatically quality of life (QoL), which have been associated with disease severity.

Objective: To assess the relationships between disease severity, pain, associated psychological comorbidities (including depression, anxiety, disability) and impairments in QoL in HS.

Materials and Methods: A total of 83 patients with HS completed questionnaires to measure QoL and psychological disfunctions using a new validated tool (HSQLI) and the Dermatology-Life-Quality-Index (DLQI). Pain intensity during the last 4 weeks was assessed with a visual analogue scale (pain-VAS) from 0 to 100. HS severity was assessed by the clinician, using the Hurley staging system.

Results: The median HSQLI score was 52.7 of 75 and median DLQI score was 16 of 30. Pain was reported among 77.9% of patients and the median pain-VAS score was 81.6%. All HS patients perceived their condition as chronic with many symptoms, severe consequences, a negative emotional influence and felt low personal control over their illness. The majority of the patients (82.5%) stated that concerns about their psychological health and skin problems capture attention, energy and time to their daily/work/social activities, compromising any performance of these areas of life. Our study revealed that illness perceptions explained a much greater proportion of variance in depression, anxiety, disability and QoL compared to the traditional disease severity misured by Hurley stages. The presence of pain was also a crucial contributor, even more relevant than disease





severity.

Conclusions: Significant levels of depression, anxiety and impaired QoL were strongly associated with illness perceptions. Health care professionals should inquire about and pay close attention to pain, psychological comorbidities and impaired QoL in patients with HS.

