



HAIR DISORDERS

PSYCHOLOGICAL EFFECTS OF HAIR LOSS AMONG PATIENTS ATTENDING KHARTOUM DERMATOLOGY HOSPITAL IN KHARTOUM STATE

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Background: Hair loss can cause many psychological effects for patients. It can affect their quality of life and the way they perceive themselves. It can cause lack of self-confidence and self-esteem and may cause a person to get into depression and anxiety. Little research has been done to study the psychological effects of hair loss in Sudan.

Objectives: To determine the psychological effects of hair loss and to assess depression and anxiety among the patients by use of the Hamilton Depression Rating Scale (HAM-D) and to evaluate the Dermatology Life Quality Index (DLQI) by variables including personal, social and work-related problems.

Methods: A descriptive cross-sectional hospital-based study was conducted in Khartoum Dermatology and Venereal Diseases Teaching Hospital from the period between November 2017- January 2018. The data was collected by questionnaires by a one to one interview with the patients.

Results: The study included 61 patients of which 83.6% were females and the remaining 16.4% were males. The Quality of Life (QOL) of 45.9% was very largely affected and 42.6% of the patients suffered from depression which ranged from a mild to a very severe form. The study concluded that hair loss affected the QOL of almost half of the patients whereas nearly half of the patients suffered from depression which ranged from a mild to a very severe form.

Recommendations: Further studies among larger groups of hair loss patients in Sudan to determine the psychological effects of hair loss as well as to raise public and treating doctors awareness about the psychological effects of hair loss.

Key words: Hair loss, psychological effects , Dermatology Life Quality Index, self-confidence

