

MEDICAL THERAPIES AND PHARMACOLOGY

CHANGES OF PSYCHIATRIC PARAMETERS IN ACNE PATIENTS TREATED WITH ORAL ISOTRETIONIN

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Introduction: The relationship between oral isotretinoin therapy and psychiatric problems, especially depression, has been controversial.

Objective: The purpose of this prospective study was to know the acute effects of oral isotretinoin therapy on psychiatric symptoms.

Materials and Methods: The demographic data, acne severity, and SCL-90-R (Symptom checklist-90-revised) scores of 39 patients were recorded before treatment and in the third month of the treatment. Patients with the history of depression, patients who used antipsychotic, antiepileptic or antidepressant medicine, aged below 18 years excluded from the study. Oral isotretinoin was initiated with a dose of 0.5-1 mg/kg, and patients whose treatment was required to be terminated before third month were excluded from the study. SCL-90-R is a questionnaire which is used for screening of psychiatric symptoms consisting of subscales such as somatisation, obsession, interpersonal sensitivity, depression, anxiety, anger, and hostility in addition to the mean of the general symptoms.

Results: Eleven (28%) patients were women, 28(72%) were men, and the mean age was 20.74±4.46 years, and the mean disease period was 36.56±27.82 months. An increase was detected in differences of means scores of somatisation, anger, depression, and anxiety subscales of SCL-90 but difference was only statistically significant in somatisation, and anger subscales ($p < 0.001$, for both). No statistically significant difference was detected between the change of general symptom, and other subscales of SCL-90. The mean±standard deviation of the change for general symptom was -0.05 ± 0.23 (in 95% confidence interval, min-max: $-0.12-0.03$). No statistically significant association was detected between the severity of acne and the mean scores of scales. A statistically significant association was detected between the means of general symptoms in positive direction with age ($r: 0.356$, $p: 0.028$).

Conclusions: We found systemic isotretinoin treatment increased anger, and somatisation



symptoms in the 3rd month of the treatment. The association of psychiatric symptoms and systemic isotretinoin treatment are still controversial.

