

PIGMENTATION

ASSESSMENT OF SEVERITY OF VITILIGO AND ITS PSYCHOLOGICAL IMPACT IN 400 PATIENTS.

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Introduction: Vitiligo is the most important acquired depigmentation disorder. Altered skin appearance leads to physical discomfort and also influence the patients personal and social life, daily functions and psychologic status. Although vitiligo is generally considered as a cosmetic problem, it has profound impact on psychological well-being of the patients which should not be neglected.

Objectives: To study the clinical profile and severity of vitiligo using VASI (Vitiligo Area Severity Index) and to assess their quality of life by using Modified VIS (Vitiligo Impact Scale).

Material and Methods: All patients with vitiligo between 18-70 years of age were screened. A detailed history, clinical examination, and relevant investigations were done. Severity of vitiligo was assessed by calculating Vitiligo Area Severity Index score (VASI). Quality of life was assessed by using VIS (Vitiligo Impact Scale) with a standard structured questionnaire.

Results: In 400 cases of vitiligo, 228 were females and 172 were males. Most common age group affected was 31-40 years (25%). Seventy four percent of the patients had vitiligo which involved both exposed and unexposed parts of the body. Seventy one percent of the patients had progressive nature of disease. Mean VASI score was 4.81. Mean VIS was 20.5. A positive correlation was found between QoL and severity of vitiligo.

Conclusion: This study showed that vitiligo has a significant negative effect on QoL. The psychosocial burden was higher in females, those having progressive disease, visible lesions, extensive disease and unemployed patients. The study showed that vitiligo is a skin disorder with profound impact on emotional life.