



PRURITUS

ITCHING AND PAIN IN COMMON DERMATOSES: FINDINGS OF "OBJECTIFS PEAU"

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Introduction: This study aimed to investigate the frequency of itching and pain, as well as their psychological impact, in common forms of dermatosis using epidemiological data from "Objectifs Peau," a large French survey on skin problems.

Material and Methods: A representative sample of the French adult population [20 012 individuals] was specifically created to answer a questionnaire online that covered different items, including psychological impact, difficulty sleeping, sexual dysfunction, and relationship issues. The QoL was gauged by means of the EQ-5D. We retained only patients who declared a single skin disease in the analysis study.

Results: Itching was reported by 72.45% of patients with atopic dermatitis as well as by 67.86% with allergic contact dermatitis, 65.38% with urticaria, 51.34% with psoriasis, 48.55% with acne, 43.24% with mycosis, 44.35% with warts, and 36.51% with rosacea. Considering skin pain, the results were, respectively, 11.22%, 10.71%, 13.65%, 27.59%, 10.40%, 16.13% and 7.69%. Withdrawal, tension, disheartenment, sexual dysfunction and relationship issues were more strongly associated with the visible aspect of dermatosis (particularly acne and rosacea) than with its symptoms, although anxiety and depression were found to be similar in all dermatoses (except in acne, in which they were more common). QoL as measured by the EQ-5D scale was clearly lower in acne than in other dermatoses. Sleeping difficulties were more strongly associated with itching and pain.

Discussion: Thus, itching was common in the typically pruritic dermatoses (atopic dermatitis, psoriasis, urticaria and mycosis), but it was also common in acne. More surprising was to find that itching was associated with rosacea and especially with warts.

Conclusion: Itching and (to a lesser extent) pain are symptoms that should always be checked for, especially since treatment options are now emerging.

