

PSORIASIS

## ANALYSIS OF DERMATOLOGICAL LIFE QUALITY INDEX IN PSORIASIS PATIENTS IN A TERTIARY CARE HOSPITAL

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**Introduction:** Psoriasis has a significant influence on social and psychological aspects of a patient and is known to negatively impact quality of life [QOL], to the extent of even committing suicide in a few. Appropriate treatment will improve both disease and QOL.

**Objective:** To assess QOL in psoriasis patient of different age group, type, duration and severity of disease, and their response to this assessment

**Materials and Methods:** A cross sectional study was done with pretested DLQI questionnaire on 112 psoriasis patients, in a government hospital. Interpretation of score & impact on QOL was done and graded as 00-01 = nil, 02-05 = mild, 6-10 = moderate, 11-15 = considerable, 16-20 = severe, 21-30 = very severe. Data was analyzed by SPSS version 23, way ANOVA and Pearson's Correlation.

**Results:** In our study, females outnumbered males with male female ratio of 1:1.5. The mean age was 39.56 +/- 16.029 years. No statistically significant association was noted between grade of affection and demographic variants. Most of them had moderate impact on QOL. QOL was worst affected in patients with <5 years of disease duration. 85% of the patients felt happy & 15% felt neutral on being evaluated by this questionnaire.

**Conclusion:** Based on our results, it is suggested that DQOL is assessed in all new/patients with less than 5 years of disease. Appropriate systemic/photo therapy is to be initiated even in mild disease if there is significant negative impact on the QOL. Assessment of QOL strengthens the doctor-patient rapport and improves better patient adherence to therapy and achieves faster and better control of the disease. Study on a larger sample size is underway.