



PSORIASIS

IMPACT OF PSORIASIS ON THE QUALITY OF LIFE OF THE SOUTHERN MOROCCAN PATIENT: INTEREST OF SKINDEX-16

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Introduction: The impairment of quality of life (QoL) in psoriasis is currently proven. The objective of our study is to evaluate the different peculiarities of this impact in the southern moroccan psoriatic population.

Methods: This is a prospective study of 120 psoriatic patients who fulfilled the Skindex-16 survey in its validated Arabic version.

Results: We collected 120 patients with psoriasis. The average age of our patients was 33.37 with a female predominance (65% of F / 35% of H). 35.8% (n = 43) of patients were illiterate, 54.2% (n = 65) had a low socio-economic level and 68.8% (n = 82) come from urban origin. Most of our patients (75%) were from the Marrakech region. The average date of onset of psoriasis was 2 years. The median age of the lesions was 2 years, ranging from 0 to 32 months. Psoriasis plaques were the most common form, present in 65.8% of cases. The involvement of the scalp was predominant, found in 53.3% of cases. 80.8% of the patients had a surface area less than 30%. The majority of patients, 76.7%, had mild psoriasis. Psoriasis had a moderate impact on our patients QoL (the average of the skindex-16 score being 21). 20.8% of patients had a significant impairment of QoL by psoriasis.

Conclusion: The evaluation of the quality of life in any psoriatic patient is essential and must be taken into consideration in the care management of these patients.

