



PSORIASIS

## **MOOD DISORDERS AND PSORIASIS – DERMATOLOGISTS' KNOWLEDGE, ATTITUDES AND PRACTICES IN FRANCE**

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**Background:** Psoriasis is a chronic inflammatory skin disease. The prevalence is 3% in France . Psoriasis is associated with mood disorders. There might be a link between inflammation, depression and psoriasis explained by biological factors. Systemic psoriasis therapies recently developed can also induce psychological toxicities. There are few recommendations about this comorbidity.

**Objective:** This study intends to evaluate dermatologists' practices and mood disorders in patients with psoriasis and their feeling about the impact of therapies.

**Materials and Methods:** Dermatologists from France were asked to complete an anonymous survey. The study was conducted from April to August 2018. It was composed of items that included dermatologists' data, experience and opinion about mood disorders in general, in psoriasis, and according to different treatments.

**Results:** We included 110 dermatologists, 89.9% were interested by mood disorders.91.8% of dermatologists referred their patients to a specialist in case of mood disorders.

35% experienced patients who have had suicidal ideation, 12.7% had faced cases of suicide attempts, and 1,8% suicides. According to 65.7%, these patients had more addictions. 72.2% thought the therapies of psoriasis had an influence on mood disorders. They had the feeling of an improvement of mood disorders by anti TNF $\alpha$  (69.5%), IL12/23 (59.5%), anti-IL17 (60%), phototherapy (68, 7%), and methotrexate (66.3%).

This study shows the great interest of the dermatologists for mood disorders in patients with psoriasis. According to them, there is more mood disorders, suicidal ideations, and addictions in this population which is consistent with the data in the literature. 72.2% of the dermatologists observed a positive influence for treatments including anti TNF $\alpha$ .

**Conclusion:** There are variabilities in professional practices for the management of mood





disorders in patients with psoriasis. Psychiatric disorders in patients with psoriasis may be underdiagnosed Recommendations seem necessary.

