



PSORIASIS

## PATIENTS' KNOWLEDGE ABOUT PSORIASIS AND COMORBIDITIES; THEIR PARTICIPATION IN TREATMENT DECISIONS

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**Introduction:** Psoriasis is a common chronic inflammatory disease. Having more information about psoriasis and comorbid diseases means that patients have more involvement in treatment and to stay away from triggering factors and can reduce anxiety and stress.

**Objective:** The aim of this study was to evaluate the knowledge levels of psoriasis patients about the disease and comorbidities and also to determine participation in treatment decisions.

**Materials and Methods :** Totally 103 patients over the age of 18 with diagnosed psoriasis were included into the study. Patients who have psychiatric illness and inadequate intelligence were excluded. A questionnaire including items on knowledge about disease and treatment options, comorbid diseases were filled out by the patients and the results were analyzed statistically. The total knowledge score (TKS) was found by giving 1 point to the questions that the patients knew correctly.

**Results:** The mean age of the patients was  $41.7 \pm 13.8$  (19-81). The mean TKS was  $12 \pm 5.52$  on a 30-point scale. Patients were well informed about their risk of depression (64.1%), but were less well informed about their risk of atherothrombotic disease (14.6%). %50.4 of the patients thought that psoriasis may be due to an internal organ disease. There was a negative correlation between the patient's age, the age of diagnosis and TKS. There was no significant association between TKS and PASI score. 42.7% wanted to leave the decision entirely to the physician. Patients who left the decision entirely to the physician significantly had the lowest TKS.

**Conclusions:** The results of this study showed that majority of patients with psoriasis are not aware of the increased risk of comorbid diseases and do not have enough knowledge about psoriasis. Increasing the level of patients' knowledge about psoriasis and their contribution to treatment decision would positively affect compliance to treatment.

