



PSORIASIS

## QUALITY OF LIFE AND SEXUALITY IN PATIENTS WITH PSORIASIS: PRELIMINARY OUTCOME

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**Introduction:** Psoriasis is a chronic disease affecting mainly the skin and joints with a prevalence up to 2% in industrialized nations. The disease is associated with pruritus, physical impairment and psychological strain and often requires lifelong treatment, resulting in a significant loss of quality of life.

**Objective:** To assess the quality of life of patients with psoriasis according to disease localisation, severity and comorbidities.

**Material and Methods:** This project is a non-interventional, observational study of patients living with psoriasis and of their partners. Data on quality of life, sexuality and partnership were gathered using standardized questionnaires. Disease severity was measured using the PASI-Score.

**Results:** Preliminary results from data collected between November 2017 and September 2018 represent 86 patients (52 males, 34 females) ranging from 18 to 82 years old who completed the questionnaire. In 59 (69,4%) patients the disease presented with a mild severity (PASI  $\leq 10$ ), whereas 26 (30,6%) patients suffered from moderate to severe disease (PASI  $> 10$ ). Almost all patients (95,3%) reported negative effects on daily life. After diagnosis, overall life satisfaction declined in around 45,6% of the patients. 11,9% of patients suffered from mild depression, 15,3% from moderate and 18,6% from severe depression. The severity of depression positively correlates to the PASI-score. 34,4% reported a decrease in sexual satisfaction post-onset. More than 40% of patients with psoriasis avoided sexual activity entirely.

In the survey of 39 partners, 20 reported at least some deterioration in the quality of sexual relations. The majority of patients appreciated to be asked about psychological and sexual problems.

**Conclusions:** Conventional consultations often do not consider patient's relationships and sexuality, which significantly impacts quality of life. We recommend a multidisciplinary approach that considers the mental as well as physical well being of patients with psoriasis.

