



PSYCHODERMATOLOGY

## A NEW MODULE OF REALITY PSYCHOTHERAPY TO REDUCE DEPRESSION IN PATIENT WITH PSORIASIS: AN OPERATIONAL RESEARCH

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**Background:** One of non-pharmacological treatment of psoriasis is psychotherapy. Patients with psoriasis initially only need supportive psychotherapy, but as the psoriasis becomes chronic an additional psychotherapy called reality psychotherapy is required. Reality therapy is not based on deterministic philosophy about humans, but it is on the assumption that humans being are agents who determine themselves. This principle states that each person has the responsibility to be what he sets out.

**Objective:** To assess the effectiveness of a new modul of reality therapy in reducing depression in psoriatic patients.

**Material and Methods:** This study is an operational research with a qualitative descriptive approach, conducted in 2 patient, which taken by purposive sampling method. They were given psychotherapeutic reality based on a new module of reality therapy. The evaluation was measured before and after therapy, using a BDI instrument (Beck Depression Inventory) and CGI (Clinical Global Impression).

**Result:** There was a decrease of depression along with clinical improvement after receiving psychoterapy. Almost 90% psychological improvement was felt by the subjects as they no longer experienced sadness, sleeping disturbance and being isolated. Based on BDI and CGI, both subjects had better quality of life, global improvement and therapeutic effects.

**Conclusions:** Reality therapy using this new module can reduce depression in psoriatic patients so that it can be considered as a non-pharmacological therapy for psoriatic patients.

