



PSYCHODERMATOLOGY

A STUDY ON ASSESSMENT ON RELATION BETWEEN STRESS SEVERITY AND PSORIASIS SEVERITY

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INTRODUCTION: Psoriasis is thought to be induced & aggravated by psychological stress. This hypothesis is not properly tested with adequate sample & statistics in Indian population.

OBJECTIVES: To assess correlation between psoriasis severity & stress severity, significance of major life event before the onset, any relation between stress & specific type of psoriasis.

METHODOLOGY: 204 clinically diagnosed (biopsy & histopathology in doubtful cases) patients selected consecutively except those with co-morbid diseases & pregnant females. Severity of psoriasis & stress measured by PASI (psoriasis area severity index) & PSS (perceived stress scale-validated Bengali version) respectively & analyzed.

RESULT: Total 204 patients (138 males & 66 females) with maximum from 19 to 30 years of age (31%) & minimum from 51-60 years (20%). Among total 8 types of psoriasis generalized plaque (37%) being commonest & least was erythrodermic. PASI and PSS showed a positive correlation but it was not statistically significant ($p=0.118$). 27.45% cases showed major stressful life events but it was not responsible for onset of psoriasis.

CONCLUSION: Stress is minimally related to psoriasis severity & unrelated to any specific type of psoriasis. Major stressful life events have no role in precipitating psoriasis.

