



PSYCHODERMATOLOGY

BEYOND THE SEVERITY OF PSORIATIC SYMPTOMS: PSYCHIATRIC CORRELATES OF DISABILITY AND REDUCED QUALITY OF LIFE

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Introduction: A variety of therapeutic options are nowadays available for the treatment of psoriasis (PSO) and psoriatic arthritis (PSA). Nevertheless a great number of patients is still not satisfied with its therapy and the level of unmet needs and disability remain high.

Objective: This study aims to assess the best clinical predictors of everyday life disability and quality of life (QoL) in psoriatic patients.

Material and Methods: We enrolled 109 patients and evaluated different psychiatric parameters through validated scales. We assessed disabilities through Sheehan Disability scale (SDS); QoL through Dermatology Life quality index (DLQI); Depression through Beck Depression Inventory (BDI); Personality through Ten-Items Personality Inventory (TIPI); Alexithymia through Toronto Alexithymia Scale (TAS-20), adult attachment style through Attachment Style Questionnaire (ASQ) and Relationships Questionnaire (RQ). We performed a bivariate analysis and a hierarchical regression analyses using SDS and DLQI as dependent variables. We entered as independent variables gender and type of psoriasis, then we entered PASI, PAIN VAS and BSA scores and finally BDI and RQ.

Results: Bivariate analysis showed a significantly higher levels of family, social and total disability in women when compared to men and lower level of work disability. Moreover, PSA patients reported higher levels of work, family, and total disability but not of social disability compared to PSO patients. In the hierarchical analysis both BDI and the RQ scores emerged as significant, independent predictors of disability. Independently from gender, type of psoriasis and severity of disease patients with higher level of depression and/or a preoccupied-anxious style of attachment reported a worse functioning in everyday life. Similar results were observed using DLQI as dependent variable.

Conclusions: Our results suggest that disability in everyday QoL don't have correlations with the severity of psoriasis. Impressively it seems correlated with the severity of depressive symptoms and with the anxious attachment style.

