

PSYCHODERMATOLOGY

EMOTION DYSREGULATION AND MOOD PATHOLOGY IN PSORIASIS. IMPLICATION FOR DISEASE MANAGEMENT

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Introduction : Several studies have been conducted that show that there is a significant relation between psychological stress and psoriasis. The existence of a relationship between stress, emotional regulation and the exacerbation of diffuse plaque psoriasis has been hypothesized

Aim: In this study we aimed at examine the prevalence two emotion regulation mechanisms expressive suppression, and cognitive reappraisal, and the presence of externalized negative and positive affects of state and trait in psoriasis patients

Material and Method: Seventy two psoriasis patients and hundred healthy subjects were administered a sociodemographic variable schedule, and measures of expressive suppression and cognitive reappraisal (ERQ - Emotion Regulation Questionnaire), emotion dysregulation (DERS - Difficulties in Emotion Regulation Scale), positive and negative affects of trait (PANAS trait - Positive and Negative Affect Schedule Trait), positive affects of state (PANAS state - Positive and Negative Affect Schedule Stait) and subjective satisfaction of life (SWLS).

Results: Psoriasis patients reported higher values in expressive suppression, compared with controls. Cognitive reappraisal showed no differences between the two groups, while positive and negative affect of trait and negative affect of state resulted higher in the psoriasis group. The results indicated a significant effect of negative affect of trait on the emotion dysregulation and that three trait emotions on emotion dysregulation: ashamed, nervous and afraid had a significant effect on patients.

Conclusions: The results suggest that psoriasis patients used more frequently a maladaptive emotion regulation mechanism (emotional suppression), experienced more negative emotions of trait, and higher use of emotional dysregulation patterns: lack of



emotional clarity, impulse control difficulties, nonacceptance of emotional responses. Three negative specific emotions resulted significantly related to emotion dysregulation in persons living with psoriasis: ashamed, nervous, and afraid.

