



PSYCHODERMATOLOGY

ITCH AND PAIN INFLUENCE ON SLEEP QUALITY AMONG ATOPIC DERMATITIS AND PSORIATIC PATIENTS

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Background: Atopic dermatitis (AD) and plaque psoriasis (Ps) are chronic, inflammatory and recurrent dermatoses. AD and Ps, as well as accompanying them itch and pain, have great impact on patients' well-being and related sleep quality.

Objectives: This study was undertaken to evaluate the influence of itch and pain on sleep quality among AD and Ps patients compared to controls.

Material and methods: The study group consisted of 100 AD patients (42 females, 58 males) and 100 Ps patients (39 females, 61 males) compared to 50 sex- and age-matched controls. The mean disease severity was assessed as 33.6 ± 10.7 points and 13.5 ± 8.4 points according to SCORAD (SCORing Atopic Dermatitis) and PASI (Psoriasis Area Severity Index), respectively. Itch and pain intensity were evaluated with visual analogue scale (VAS). The sleep disturbances were estimated with Athens Insomnia Scale (AIS) and Pittsburgh Sleep Quality Index (PSQI).

Results: The mean itch and pain severity within three last days was estimated as: AD: 7.1 ± 2.7 points and 5.3 ± 2.9 points and Ps: 6.6 ± 2.6 points and 7.3 ± 2.8 points, respectively. The mean AIS scores were 10.5 ± 5.5 points, 7.4 ± 5.2 points and 5.5 ± 3.4 points with regard to AD and Ps patients and controls, respectively. Additionally, co-existence of insomnia was suggested in majority of AD (82%) and Ps patients (62%). The PSQI total scores obtained for AD (8.3 ± 4.2 points) and Ps patients (8.1 ± 4.8 points) were significantly higher when compared to the controls (3.1 ± 1.9 points), ($p < 0.0001$). Moreover, 80% of AD and Ps patients were qualified as poor sleeper. The severity of itch (VAS) significantly correlated with the scores obtained by AIS among AD patients ($r = 0.44$, $p < 0.0001$), and with AIS and PSQI scores for Ps patients ($r = 0.34$, $p < 0.001$ and $r = 0.59$, $p < 0.001$, respectively).

Conclusions: Itch can affect the sleep quality of AD and Ps patients. Improving sleep quality of dermatological patients may improve their well-being.

