



PSYCHODERMATOLOGY

MENTAL DISORDER IN FEMALES WITH CHRONIC VULVAR DERMATOSES – THE STRUCTURE AND RISK FACTORS

Olga Parygina⁽¹⁾ - Alla Slusarenko⁽¹⁾ - Irina Smirnova⁽¹⁾

Saint Petersburg State University, Department Of Infectious Diseases, Epidemiology And Dermatovenereology, Saint Petersburg, Russian Federation⁽¹⁾

Chronic vulvar dermatoses (CVD), accompanied with vulvar and perianal dysmorphology, subjective symptoms (itching, pain, burning, discomfort), dysuria and sexual disorders, often leads to the development of mental disorder.

The objective of our study was to identify the structure and risk factors of mental disorders in females with CVD.

Thirty-three women with CVD were recruited from the dermatologic clinic. Lichen sclerosis was diagnosed in 18 (54.5%), lichen planus – in 5 (15.1%) and lichen simplex chronicus- in 5 (15.1%), psoriasis – in 4 (12.1%), and atopic dermatitis - in 1 of them. The psychiatric diagnosis was made using the basis of ICD-10 criteria. Duration and clinical features of the diseases, duration, and intensity of the itching, the severity of subjective symptoms were estimated using questionnaires and itch severity scale (ISS). The impact on quality of life was assessed using a visual analog scale (VAS).

Mental disorders were diagnosed in 22 (66.7%) patients with CVD. Mixed anxiety-depressive disorder and depressive episode were diagnosed most frequently – in 36.4% and 22.7% of patients, respectively. The most significant risk factors for mental disorder were duration of the disease and itching ($\chi^2=13.3$, $p<0.05$; $p=0.003$), followed by the severity of itching according to VAS ($\chi^2=8.021$, $p<0.05$) and ISS ($\chi^2=5.056$, $p=0.025$). In addition, high scores of VAS of the severity of the effect of dermatoses on the quality of life are risk factors for the formation of mental disorders ($\chi^2=12.518$, $p<0.0001$). Sexual dysfunction ($\chi^2=4.811$, $p=0.028$), dysmorphology ($\chi^2=5.536$, $p<0.019$) and affection of genital area ($\chi^2=6.389$, $p<0.05$) were less important risk factor for mental disorders.

Mixed anxiety-depressive disorder and depressive episode are the most common mental disorders in females with CVD. The most important factors resulting in mental disorder are the duration of the disease and itch, higher scores of itch. Thus, patients with these predictors are recommended to consult a psychiatrist.

