



PSYCHODERMATOLOGY

PERSONALITY TRAITS IN ADULT ATOPIC DERMATITIS AND CHRONIC URTICARIA PATIENTS: A PILOT STUDY

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Introduction: Both atopic dermatitis (AD) and chronic spontaneous urticaria (CSU) affect the quality of life of patients. Patients' attitude to the disease seems to be different in AD compared to CSU. Indeed, AD patients seem to have a more rational approach to the disease and a more proactive attitude than patients with CSU who often accept the disease with resignation and seem to be hindered in every daily activity. In the literature, however, studies that compare the trait of personality and social status of these two types of patients are lacking.

Objective: To evaluate personality and individual differences in AD and CSU patients

Materials and methods: Data were collected using the Big Five Questionnaire-2 test, a psychodiagnostic tool useful for assess the traits defined by the Five Factor Theory of Personality: openness, characterized by originality, curiosity, and ingenuity; conscientiousness, characterized by orderliness, responsibility, and dependability; extraversion, characterized by talkativeness, assertiveness, and energy; agreeableness, characterized by good-naturedness, cooperativeness, and trust; neuroticism, characterized by upset ability and is the polar opposite of emotional stability.

Results: A total of 32 patients (18 AD, 14 CSU) aged from 18 to 65 years completed the personality measures. Differences were found between the two groups of patients for all the measures. Openness, extraversion and neuroticism were found to be significantly higher ($p < 0.1$) in AD patients compared with CSU patients.

Conclusions: Our data seem to indicate that personality of AD patients is quite different from that of CSU patients. In particular, AD might be associated to an higher degree of curiosity, energy and upset ability. It would be understood whether such features are linked to the way of living the disease or it may be related to the different pathogenic mechanisms of the two diseases.

