

PSYCHODERMATOLOGY

PSYCHOLOGICAL REPERCUSSIONS OF THE MOST COMMON DERMATOSES: FINDINGS OF "OBJECTIFS PEAU," A FRENCH STUDY ON THE IMPACT OF SKIN DISORDERS

L Misery⁽¹⁾ - C Taieb⁽¹⁾ - S Bertolus⁽¹⁾ - M Schollhammer⁽¹⁾ - E Coulibali⁽¹⁾ - N Fetton-danou⁽¹⁾ - L Michel⁽¹⁾ - Jc Seznec⁽¹⁾ - J Versapuech⁽¹⁾ - F Corgibet⁽¹⁾ - P Joly⁽¹⁾ - Ma Richard⁽¹⁾

Groupe Psychodermatologie De Le Société Francaise De Dermatologie, Sfd, Paris, France⁽¹⁾

Introduction: This study investigated the psychological impact of the most common dermatoses using epidemiological data from the "Objectifs Peau" dermatology survey in France.

Material and Methods: A representative sample of the French adult population [20 012 individuals] was specifically created to answer a questionnaire online that covered different items, including psychological impact, difficulty sleeping, sexual dysfunction, and relationship issues. The QoL was gauged by means of the EQ-5D. We retained only patients who declared a single skin disease in the analysis study.

Results: The EQ-5D score was 76.8 in people who reported not having any skin-diseases over the previous year, while it was 75.6 in patients with warts and 75.2 in those with contact dermatitis. The differences were significant ($p < 0.001$) if the patients had rosacea (74.9), atopic dermatitis (74.1), urticaria (73.5), mycosis (73.2), psoriasis (71.8) or acne (69.9). Additionally, the proportions of people who felt extremely anxious or depressed was, respectively, 3.3%, 5.6%, 6%, 6.4%, 6.5%, 3.9%, 3.5%, 5.6% and 5.6%.

Difficulties in their sexual life or relationships were reported by 5% in people with warts and 35% in those with acne whereas they were 10 to 20% in patients with other dermatoses. Sleeping difficulties were observed in 30 to 50% of cases of acne, rosacea, eczema, psoriasis and especially urticaria, but in less than 20% of cases of warts, mycosis or no skin disorders.

Discussion: The results were surprising. Obviously, we did not rank sufferings according to the different diseases, since every person exhibits its own problems. We found that questions covering specific issues of daily-life seemed to be much more relevant than any overall figure. Sleeping difficulties were associated with both itchy and visible conditions. Anxiety and depression were particularly frequent in visible diseases. Sexual-dysfunctions



and relationship issues were observed in all dermatoses(including-mycosis) except warts.

