

PSYCHODERMATOLOGY

QUALITY OF LIFE AND PSYCHIATRIC CO MORBIDITY IN ACNE VULGARIS

Abhineetha Hoshthota⁽¹⁾ - Swapna Bondade⁽²⁾

The Oxford Medical College Hospital And Research Centre, Dermatology, Bangalore, India⁽¹⁾ - The Oxford Medical College Hospital And Research Centre, Psychiatry, Bangalore, India⁽²⁾

Introduction: The psychological impact of acne is determined by physical and environmental factors. Clinicians have to deal with the psychological aspects of acne by assessing patients' quality of life (QOL) and psychiatric co morbidity. In this background the present study was carried out to know its role in acne.

Objective: Determine the overall impact of acne vulgaris on quality of life and to assess psychiatric morbidity these subjects.

Materials and methods: It is a hospital based, cross sectional, case control study which included 200 subjects. A semi structured proforma was used to collect the socio demographic details. We assessed QOL using World Health Organization Quality of Life-BREF (WHOQOL-BREF) scale. Psychiatric co morbidity was assessed by using DSM-V criteria and severity was evaluated using HAM-A and HAM-D.

Results: This study consisted of 100 cases and controls in each group. The mean age was 21 years and predominantly female (58%) with grade 2 acne (46%). There was a statistically significant difference in QOL between the 2 groups in the psychological ($P=0.0402$) and environment ($P=0.006$) domains with WHOQOL-BREF scores. Co morbid psychiatric illness was seen in 40 cases and 24 controls and this difference was statistically significant.

Conclusions: Physical, psychological, social, and environment domains play an important role in impaired QOL. Hence, by using the WHOQOL-BREF we can evaluate the actual domain affected. Acne may have a considerable impact on psychiatric co morbidity. The treatment of acne should not be based on acne severity alone but an interdisciplinary approach.