

PSYCHODERMATOLOGY

THE IMPACT OF STRIAE ON INTIMATE RELATIONSHIP AND QUALITY OF LIFE: A CROSS-SECTIONAL STUDY

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Introduction: Striae distensae (SD) or stretch marks are common afflictions on human skin. Striae affect all skin phenotypes, and its impact on relationship and quality of life of people of colour have not been examined in a study among Nigerians.

Objectives: To document the pattern of striae presentation and to assess its impacts on the intimate relationship and quality of life.

Materials and Methods: A cross-sectional design was made to evaluate 520 adults in intimate relationships. Demographic and striae related clinical parameters were documented. The impact of striae on the intimate relationship was examined using relational assessment questionnaire (RAQ), and quality of life was evaluated using Skindex and DLQI.

Results: mean age of participants was 24.10±5.44years. Participants with SD were significantly older (24.59±6.54 vs 23.57±3.80, p=0.031), females (71.9 vs 28.1, p<0.001) and mild (61.9%) and moderate (32.5%) SD were prevalent.

No significant difference in RAQ scores of striae and those without it. Relational depression score was higher for married with striae (p=0.033), relational esteem was lower (p=0.018), and relational preoccupation was higher for singles (p=0.018) with striae. Striae induce body odour was associated with relational depression (p=0.002).

Total mean Skindex scores (p<0.001) and mean DLQI rank (283.98 vs.234, p<0.001) were higher in striae than without. Singles had higher mean total Skindex (p=0.017) and mean DLQI rank (p<0.001) scores compared to married. Striae showed higher mean scores for symptoms, emotion and functioning domains (p<0.001) of Skindex and higher mean rank DLQI scores for symptom/feeling (p<0.001) and daily activities (p=0.003). Moderate-severe striae were associated with higher Skindex scores on emotion (p<0.0015) and functioning (p=0.044) domain and higher mean DLQI rank scores of daily activities (p<0.001), leisure (p=0.001), and relationship (p=0.001).



Conclusions: Striae impairs quality of life and causes lower relational esteem for singles and relational depression for the married.

