



PSYCHODERMATOLOGY

THE RELATIONSHIP OF STRESS IN THE DEVELOPMENT OF SKIN DISEASES: A LITERATURE REVIEW

Maria Elisa Meneguetti⁽¹⁾ - Virgilio Frota Rossato⁽¹⁾ - Alaiana Aparecida Soares⁽¹⁾ - Julia Maria Kato⁽¹⁾ - Mayara Rosvailer⁽²⁾

Little Prince Institution, Medical College, Curitiba, Brazil⁽¹⁾ - Little Prince Institution, Professor Of Medicine, Curitiba, Brazil⁽²⁾

Background: Stress is a major factor for reduced quality of life, characterized by an imbalance in homeostasis, resulting in a immunosuppression condition that favors the development of psychosomatic dermatoses.

Objectives: Highlight the influence of stress in the development of dermatologic manifestations.

Methods: This is a literature review of articles published in the past 10 years, it was analyzed the main features of dermatological pathologies associated with high levels of stress. The data base used was PubMed and Google Scholar, which was analyzed 22 articles.

Results: The skin and brain have the same embryological origin, because of that they are affected by the same hormones and neurotransmitters. The mediators from the neuro-immuno- cutaneous system explain the interaction between nervous system, skin and immunity. The psychological stress perturbs epidermal permeability barrier homeostasis, leading to some inflammatory disorders like atopic dermatitis and psoriasis. Everything that happens in the brain, as the stress, affects the immune system because there is a two-way circuit between the central nervous system and the immune system by the hypothalamus-pituitary-adrenal axis.

Conclusion: The hormones associated with chronic stress load protect the body in the short run and promote adaptation, but, in the long run, this load causes changes in the brain and in the body by the accumulation of stress, generating the immunosuppression, which results in the emergence of infectious diseases, allergic, autoimmune and degenerative diseases. So, the skin is affected directly and indirectly by the stress and it's important to always keep in mind the role that could be played in generating, aggravating or continuation of dermatoses.

