



QUALITY OF LIFE, QUALITY OF CARE, AND PATIENT SAFETY

IMPACT OF VITILIGO ON PSYCHOSOCIAL AND MENTAL HEALTH STATUS

Snehal Shende⁽¹⁾

Dy Patil Hospital, Dy Patil University, Mumbai⁽¹⁾

Introduction: Vitiligo is a chronic pigmentary disorder, influencing the patient's quality of life (QoL) & psychological well-being.

The purpose of this study is to compare VitiQoL and DLQI and to analyse its psychosocial burden.

Materials & Methods: A prospective study of 100 vitiligo patients, attending the skin OPD over a period of 1 year was carried out. Detailed history & clinical examination was done. Patients were explained about VitiQoL & DLQI questionnaire & were asked to fill the proforma for the same. Scoring was done & data was statistically analysed. Patients less than 16 years of age were excluded.

Results: 65% of the patients had stable vitiligo whereas 35% of the patients had unstable vitiligo. 49% of patients had lesions on exposed and unexposed parts, 35% had lesions on the exposed parts & 16% had on the unexposed parts.

The mean score for VitiQoL is 37.23 ± 23.66 & for DLQI score is 7.05 ± 5.84 .

The prevalence of psychiatric morbidity was 30 %. The mean score for Becks Depression Inventory is 13.5. The mean score for State anxiety is 60.02 & for Trait anxiety is 60.25.

Positive correlation was found between VitiQoL and DLQI and this correlation was found statistically significant. ($p < 0.05$)

Conclusion: In conclusion, vitiligo has profound effects on the quality of life of patients. In our study anxiety & depression scores of females were elevated as compared to males.

The findings of present study will hopefully create awareness among concerned persons and combined approach of management between psychiatry and dermatology departments can definitely improve quality of life of the affected individuals.

NO CONFLICT OF INTEREST

