



QUALITY OF LIFE, QUALITY OF CARE, AND PATIENT SAFETY

THE STUDY ON EFFECT OF PSYCHOTHERAPY ON CLINICAL EFFICACY, QUALITY OF LIFE AND SERUM CYTOKINES IN PATIENTS WITH PSORIASIS VULGARIS

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Objective: To find relationship between psoriasis factors and Provide a scientific basis of psychotherapy in Psoriasis, the study on effect of psychotherapy on clinical efficacy, quality of life and serum cytokines in patients with Psoriasis vulgaris was carried.

Methods: Patients with psoriasis were evaluated by PASI score before and after treatment. Patients with psoriasis evaluated dermatology life quality index (DLQI) score, self-rating anxiety scale (SAS) score and depression self-rating scale (SDS) score before and after treatment. Double-sandwich ELISA was used to test trial group's serum levels of IL-4, IFN- γ and TNF- α before and after treatment.

Results: Clinical effects: After treatment, PASI scores declined, and Psychological treatment group was significantly lower than the conventional treatment group ($P < 0.05$). Dermatology life quality index (DLQI): DLQI scores of Patients in psychological treatment group and conventional treatment group were both declined after treatment. Self-rating anxiety scale (SAS): SAS scores of patients in psychological treatment group and conventional treatment group were declined and there was no significant difference between the 2 groups ($P > 0.05$). Self-rating depression scale (SDS): SDS scores of patients in psychological treatment group and conventional treatment group before treatment were declined after treatment and psychotherapy group was significantly lower than conventional treatment group ($P < 0.05$). Serump results: After treatment serum IL-4 and TNF- α levels of the 2 groups were declined and psychological treatment group was lower than conventional treatment group; After treatment serum IFN- γ level was declined and psychotherapy group was significantly lower than conventional treatment group ($P < 0.05$).

Conclusion: Psychological treatment can be effective in patients with psoriasis improve the clinical efficacy, improve the quality of life, improve patients with emotional state; psychological treatment may be through the adjustment in patients with psoriasis vulgaris Th1/Th2 balance of psoriasis patients with the psychological and Physical factors have an impact.

