



PSYCHODERMATOLOGY

QUALITY OF LIFE, EMOTIONAL REGULATION, PERSONALITY TRAITS AND PSYCHIATRIC SYMPTOMS IN PATIENTS AFFECTED BY HS.

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Introduction: Hidradenitis suppurativa (HS) is a chronic inflammatory disease characterized by recurrent nodules and abscesses involving apocrine gland-bearing body areas. Patients affected by HS often suffer from psychological comorbidities and quality of life impairment.

Objective: The aim of our study was to investigate quality of life, emotional regulation, personality traits and psychiatric symptoms in patients affected by HS.

Materials and Methods: HS patients followed at the Section of Dermatology, San Martino Polyclinic Hospital, Genoa, were administered several self-reported psychological questionnaires, including Mentalization Questionnaire, Dermatology Life Quality Index, DSM-5 Self-Rated Level-1 Cross-Cutting Symptom Measure, Numeric Rating Scale and HIDRADisk. Furthermore, data collected from all enrolled patients included demographics, clinical characteristics, psychological history, comorbidities and treatment.

Results: The preliminary results of our study confirmed that HS frequently impair quality of life. Psychological and psychiatric comorbidities, including anxiety, bipolar disorder and depression, are usually associated with the disease. Social withdrawal, feelings of stigmatization, and impairment on psychosocial, occupational and interpersonal aspects of daily life, are common characteristics which can be found in HS patients. Moreover, these patients often complain of pain, unpleasant smell, compromised sexual health and sleep disorders.

Conclusions: HS is not only a skin condition, and it is often characterized by systemic involvement, with a negative impact on quality of life. A patient-centered multidisciplinary approach, also including psychological support, is recommended in the management of this recurrent and debilitating disease.

