



PSORIASIS

## DEPRESSION, ANXIETY DISORDER AND PSORIASIS

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**Background:** Psoriasis is associated with an increased risk of depression and anxiety disorders. So far, however, the complex interaction between the symptoms of the skin disease and the psychological and physical sensitivities is only insufficiently understood.

**Objective:** In this local patient-centered care research project we analyzed data from disease burden (PASI, PSA), BMI, DLQI, HADS-D/-A and other comorbidities from over 90 patients suffering from psoriasis vulgaris. The goal was to evaluate anxiety and depression values in patients with good therapeutic response.

**Material and Methods:** In a rural dermatology practice with a therapeutic focus on systemic therapies for psoriasis vulgaris, patients with moderate to severe psoriasis (n=91) have been studied. The patient group was subdivided in control of disease, relapse or naïve patients. Psoriasis patient data were measured with the help of standardized questionnaires like DLQI, PASI and HADS-D/-A.

**Results:** Patient data was analyzed in three different groups:

1. From 91 patients only 13 patients (6w/7m) had still a moderate to severe psoriasis. Eight of these patients had a DLQI over 10. Only 2 patients had a higher HADS-D and 1 patient HADS-A (HADS-D/-A over 8). Eight patients had a BMI>25.
2. Eighteen patients (9w/9m) reported having mild to severe HADS-D symptoms. Fourteen patients (6w/8m) had a BMI>25. Eight of these patients had DLQI over 10.
3. Twenty-six patients (15w/11m) reported having mild to severe HADS-A symptoms. Twenty patients (11w/9m) had a BMI>25. Nine of these patients had DLQI over 10.

**Conclusion:** The outstanding observation is that in this patient group HADS-D/-A seemed not correlate to the disease burden, while DLQI is related to disease burden. BMI over 25 is may be linked to depression and anxiety disorders, but not the disease burden. Further research should elucidate more detailed data and their connections with psoriasis to improve the patient care.

