



PSORIASIS

STUDY OF THE CORRELATION OF DLQI AND SKINDEX IN THE ASSESSMENT OF THE QUALITY OF LIFE IN PSORIATIC PATIENTS FOLLOWED AT THE UNIVERSITY HOSPITAL OF MARRAKECH

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BACKGROUND: Psoriasis is a common chronic dermatosis with a major impact on the quality of life (QOL) of patients.

OBJECTIVE: Our work aims to evaluate the QOL of psoriasis patients using the DLQI and Skindex16 scales as well as to study the correlation between these two scores.

MATERIELS AND METHODS: Our study is a descriptive case study of 120 patients collected in the dermatology department of the University Hospital of Marrakech, spread over 2 years from January 2015 to December 2016. Our study was conducted in the form of interviews. The data collection was carried out at the end of the interrogation of the patients, who were asked to fulfill the questionnaire translated into Arabic and validated as well as a dermatological clinical examination. The correlation between the two scores: calculation of the r coefficient of pearson, with a significace threshold of 5%.

RESULTS: The mean age was 33.37 ± 13.4 years. The sex ratio F / H was 1.85. 35.8% of the patients were illiterate, 54.2% had a low socio-economic level and 68.8% were of urban origin. Most of our patients (75%) were from Marrakech zone. The median age of the lesions was 2 years, ranging from 0 to 32 months. Psoriatic plaque was the most common form, found in 65.8% of cases, 80.8% of patients had an affected body surface area less than 30%. 80.8% of patients had a body surface area of less than 30%. The majority of patients, 76.7%, had mild psoriasis. There was a strong positive correlation between measures of quality of life by both scales ($r = 0.79$, $p < 0.0001$).

CONCLUSION: Quality of life assessment is essential in the management of psoriasis.





Several scores are used including skindex 16 and DLQI. We demonstrated a strong correlation between these two scores.

