

The Psychological Burden of Skin Diseases: A Cross-Sectional Multicenter Study among Dermatological Out-Patients in 13 European Countries

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The contribution of psychological disorders to the burden of skin disease has been poorly explored, and this is a large-scale study to ascertain the association between depression, anxiety, and suicidal ideation with various dermatological diagnoses. This international multicenter observational cross-sectional study was conducted in 13 European countries. In each dermatology clinic, 250 consecutive adult out-patients were recruited to complete a questionnaire, reporting socio-demographic information, negative life events, and suicidal ideation; depression and anxiety were assessed with the Hospital Anxiety and Depression Scale. A clinical examination was performed. A control group was recruited among hospital employees. There were 4,994 participants—3,635 patients and 1,359 controls. Clinical depression was present in 10.1% patients (controls 4.3%, odds ratio (OR) 2.40 (1.67–3.47)). Clinical anxiety was present in 17.2% (controls 11.1%, OR 2.18 (1.68–2.82)). Suicidal ideation was reported by 12.7% of all patients (controls 8.3%, OR 1.94 (1.33–2.82)). For individual diagnoses, only patients with psoriasis had significant association with suicidal ideation. The association with depression and anxiety was highest for patients with psoriasis, atopic dermatitis, hand eczema, and leg ulcers. These results identify a major additional burden of skin disease and have important clinical implications.

Journal of Investigative Dermatology (2015) **135**, 984–991; doi:10.1038/jid.2014.530; published online 5 February 2015

Dalgard, F., Gieler, U., Tomas-Aragones, L., Lien, L., Poot, F., & Jemec, G. et al. (2015). The Psychological Burden of Skin Diseases: A Cross-Sectional Multicenter Study among Dermatological Out-Patients in 13 European Countries. *Journal Of Investigative Dermatology*, 135(4), 984-991. doi: 10.1038/jid.2014.530



Psychological Therapies in Management of Psoriatic Skin Disease: A Systematic Review

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Abstract

Background Psoriasis is a chronic, immune-mediated skin disease shown to have a multifaceted relationship with psychological factors. Because these factors have been shown to both worsen and result from psoriasis, an increasing number of studies have sought to investigate the efficacy of various psychological interventions in psoriasis management.

Methods A systematic review of PubMed[®] and Scopus[®] databases was performed for studies investigating psychological interventions in psoriasis management published from 1 January 1990 through 4 November 2018. Primary articles published in English and conveying physical treatment outcomes were included, whereas articles not describing clinical outcomes were excluded. Studies supporting intervention efficacy were graded with a level of evidence according to the Scottish Intercollegiate Guidelines Network levels of evidence.

Results A total of 28 reports studying 27 unique sets of patients receiving psychological therapies in psoriasis management were identified, including three case reports and series and 24 clinical trials, investigating 1522 patients in total. Cognitive behavioral therapy and its variants, biofeedback, meditation and mindfulness-based therapies, hypnosis, music resonance therapy, motivational interviewing, emotional disclosure, and educational and multidisciplinary approaches have been studied in the treatment of psoriasis. Although 16 randomized controlled trials were included in this review, literature is limited by heterogeneity of methodology, analyses, and outcomes. Only 4 of 27 studies (three of which investigated cognitive behavioral therapy) were rated a level of evidence of 1+ or greater. Studies, overall, have sample sizes often <50 patients, lack follow-up past 12 months, and have attrition rates >20%.

Conclusions Based on assigned levels of evidence, the most promising methods of psychological intervention in psoriasis include cognitive behavioral therapy, mindfulness-based therapies, motivational interviewing, and educational and interdisciplinary interventions. Further study is needed to determine the efficacy, practicality, and economic feasibility of these treatment options for patients with psoriasis.

Qureshi, A., Awosika, O., Baruffi, F., Rengifo-Pardo, M., & Ehrlich, A. (2019). Psychological Therapies in Management of Psoriatic Skin Disease: A Systematic Review. *American Journal Of Clinical Dermatology*, 20(5), 607-624. doi: 10.1007/s40257-019-00437-7



Suicide risk and psychiatric comorbidity in patients with psoriasis

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Abstract

Objectives: To examine the occurrence of stressful life events, psychological comorbidity and suicide risk in patients with psoriasis or other dermatological conditions.

Methods: Consecutive adult outpatients with psoriasis or other dermatological conditions completed a sociodemographic questionnaire and the Hamilton scales for depression and anxiety.

Results: The study included 157 patients (91 with psoriasis; 66 with other conditions [melanoma; allergy]). Patients with psoriasis were significantly more likely to have experienced major life events in the 12 months before diagnosis, have had a psychiatric diagnosis and to have experienced past suicidal ideation than patients with other dermatological conditions.

Conclusions: Patients with psoriasis have an increased risk of psychiatric comorbidities, suicidal ideation, and long-term course of the disease compared with patients who have other dermatological conditions. Psychiatric assessment is highly recommended in patients with psoriasis.

Pompili, M., Innamorati, M., Trovarelli, S., Narcisi, A., Bellini, S., & Orsini, D. et al. (2016). Suicide risk and psychiatric comorbidity in patients with psoriasis. *Journal Of International Medical Research*, 44(1_suppl), 61-66. doi: 10.1177/0300060515593253

Review

Could suicide be fostered through the potential antidepressant mechanism of biologic agents?

A Psychodermatological approach to existing bibliography.

Abstract

Bipolar Disorder is a biological condition that affects between 2 and 5% of the population, being an important cause of disability in the world. Despite this, it is often underdiagnosed as Unipolar Depression, which increases the possibility of prescribing errors, as it occurs when administering only antidepressant agents without accompanying them with mood stabilisers.

This could foster episodes of inverse polarity (SWITCHING) which, in turn, raises the risk of suicide. This work reviews the existing literature for evidence that while biologic agents could improve the mood of patients with psoriasis treated with these drugs, this same favourable antidepressant effect on humour may trigger a switch into mania, favouring attempted and completed suicide in undiagnosed bipolar patients treated for psoriasis with the above mentioned agents.

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Malatesta, E., & Sánchez del Río, M. (2020). Could Suicide Be Fostered Through the Potential Antidepressant Mechanism of Biological Agents? A Psychodermatological Approach to Existing Bibliography. *Journal Of Psoriasis And Psoriatic Arthritis*, 247553032091163. doi: 10.1177/2475530320911637

ANALYSIS OF THE PREVALENCE OF MENTAL DISORDERS IN PSORIASIS: THE RELEVANCE OF PSYCHIATRIC ASSESSMENT IN DERMATOLOGY

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received: 10.10.2016;

revised: 23.2.2017;

accepted: 27.4.2017

SUMMARY

Background: The boundary between Dermatology and Psychiatry has increasing recognition. Psoriasis is a common psychophysiological skin disease with a major impact on patient's quality of life and a paradigmatic example of a pathology in that boundary. Studies are needed to exactly point out the prevalence of specific psychopathology and mental disorders associated with psoriasis. This work intends to analyse the prevalence of psychopathology and psychiatric comorbidities in patients with psoriasis.

Methods: A systematic review of the literature was performed following the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) and the "5S" model proposed by Haynes. From all the papers retrieved by this search, a total of 34 papers met the inclusion criteria and were then deeply analysed.

Results: The most prevalent mental disorders in these patients are sleep disorders (average prevalence: 62.0%), sexual dysfunction (45.6%), personality (35.0%), anxiety (30.4%), adjustment (29.0%), depressive (27.6%) and substance-related and addictive disorders (24.8%). Other mental disorders have been less described, namely somatic symptoms and related disorders, schizophrenia and other psychoses, bipolar disorder and eating disorders.

Conclusions: This updated research shows that the prevalence of psychiatric conditions in psoriasis may range from 24% to 90%. The study of the mind-skin connection in psoriasis may improve the knowledge about psoriasis and its psychiatric comorbidities. The link between psoriasis and associated mental disorders is frequently forgotten or not considered in the clinical practice. Psychiatric disorders in patients with psoriasis may be underdiagnosed. These patients would really benefit from psychiatric assessment, with therapeutic relevance.

Key words: mental disorders – psychopathology - psychological stress - psoriasis

Roque Ferreira, B., Pio-Abreu, J., Reis, J., & Figueiredo, A. (2017). ANALYSIS OF THE PREVALENCE OF MENTAL DISORDERS IN PSORIASIS: THE RELEVANCE OF PSYCHIATRIC ASSESSMENT IN DERMATOLOGY. *Psychiatria Danubina*, 29(4), 401-406. doi: 10.24869/psyd.2017.401

Diagnosis and management of delusional parasitosis



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Delusional parasitosis is a monosymptomatic hypochondriacal state that causes great suffering for the patient and great suffering for those around them. Dermatologists are experts in the diagnosis of cutaneous disease and frequently encounter such patients. This review provides an overview of the diagnosis and management of delusional parasitosis and the differential diagnosis. (J Am Acad Dermatol 2019;80:1428-34.)

Key words: chronic tactile hallucinosis; delusional parasitosis; delusions of parasitosis; delusory parasitosis; Ekbom syndrome; psychogenic parasitosis.

Campbell, E., Elston, D., Hawthorne, J., & Beckert, D. (2019). Diagnosis and management of delusional parasitosis. *Journal Of The American Academy Of Dermatology*, 80(5), 1428-1434. doi: 10.1016/j.jaad.2018.12.012

Submitted: 15.2.2019
Accepted: 3.9.2019
Conflict of interest:
None.

DOI: 10.1111/ddg.14029

Atopic dermatitis and psychosocial comorbidities

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Summary

Atopic dermatitis (AD) is a chronic inflammatory disease that may be associated with a number of comorbidities including psychosocial disorders, which are the primary focus of this article. The data presented is based on a literature search in PubMed and subsequent screening of relevant review articles and guidelines.

There is a greater prevalence of depression, anxiety, sleep disorders and suicidal ideation among individuals with AD. The disease negatively impacts patients' quality of life. Children with AD have been shown to more commonly exhibit signs of attention-deficit/hyperactivity disorder. Only little data exists on the association of AD with schizophrenia, eating disorders or obsessive-compulsive disorder.

There is a great need for research in the field of AD-related comorbidities, especially with respect to the question as to whether and how novel treatment options may potentially affect these comorbidities.

Kage, P., Simon, J., & Treudler, R. (2020). Atopic dermatitis and psychosocial comorbidities. *JDDG: Journal Der Deutschen Dermatologischen Gesellschaft*, 18(2), 93-102. doi: 10.1111/ddg.14029

ORIGINAL ARTICLE

Depression in patients with pemphigus: Is it a major concern?Pouran LAYEGH,¹ Naghmeh MOKHBER,² Zari JAVIDI,³ Mahdi Parvizi MASHHADI,¹
Toktam MOGHIMAN¹¹Research Center for Cutaneous Leishmaniasis, Qaem Hospital, ²Psychiatry and Behavioral Sciences Research Center, and ³Research Center for Cutaneous Leishmaniasis, Imam Reza Hospital, Mashhad University of Medical Sciences, Mashhad, Iran**ABSTRACT**

It is suggested that some dermatological diseases due to their chronicity, impact on the body image, unlikelihood of complete recovery and frequent recurrences are one of the major predisposing factors towards depression. Therefore, we aimed to evaluate the rate and level of depression among pemphigus vulgaris and pemphigus foliaceus patients, two of the most common causes of hospitalization in dermatology units. This research was conducted on 55 patients with active pemphigus vulgaris and pemphigus foliaceus referring to pemphigus clinics or admitted as inpatients to the dermatology ward of Qaem and Imam Reza hospitals, Mashhad, Iran, from April 2008 to September 2009. The research tool was the Beck Depression Inventory. Collected data was analyzed by χ^2 -test Student's *t*-test. Twenty-six (47.3%) patients were female and 29 (52.7%) were male. The mean age was 42.34 ± 18.98 years. The prevalence rate of clinical depression was 28% in pemphigus vulgaris and 20% in pemphigus foliaceus cases. Depression prevalence showed no significant difference between these two groups ($P = 0.873$). In conclusion, pemphigus patients are at risk for mild depression.

Key words: Beck Depression Inventory, depression, pemphigus foliaceus, pemphigus vulgaris.

Layegh, P., Mokhber, N., Javidi, Z., Mashhadi, M., & Moghiman, T. (2013). Depression in patients with pemphigus: Is it a major concern?. *The Journal Of Dermatology*, 40(6), 434-437. doi: 10.1111/1346-8138.12067



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REVISIÓN

Dermatitis artefacta: revisión

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Recibido el 23 de noviembre de 2011; aceptado el 14 de octubre de 2012
Disponible en Internet el 22 de diciembre de 2012

PALABRAS CLAVE

Dermatitis artefacta;
Lesiones
autoprovocadas;
Dermatitis facticia

Resumen La dermatitis artefacta (DA) es un diagnóstico excepcional, que genera perplejidad y ansiedad al dermatólogo al encontrarse ante una patología autoprovocada y de la que el paciente sabe más que el médico en cuanto a su etiología. Al contrario que otras dermatosis en las que existen pruebas histológicas o bioquímicas, en la DA el diagnóstico es de exclusión, lo que exige un gran consumo de recursos y de tiempo. En el presente trabajo repasamos las diversas formas clínicas, criterios diagnósticos y manejo de estos pacientes, y para ello nos basamos en la experiencia del estudio que realizamos de 201 casos de DA diagnosticados entre 1976 y 2006, de los cuales 152 eran mujeres y 49 varones, con una proporción de mujeres/varones de 3,1/1. La edad media fue de 31,2 años y estaba mayoritariamente constituida por personas con escasa o nula cualificación laboral, bajo nivel cultural y mayoritariamente solteros.

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Rodríguez Pichardo, A., & García Bravo, B. (2013). Dermatitis artefacta: revisión. *Actas Dermosifiliográficas*, 104(10), 854-866. doi: 10.1016/j.ad.2012.10.004



Review of epidemiology, clinical presentation, diagnosis, and treatment of common primary psychiatric causes of cutaneous disease

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To cite this article: J. A. Krooks, A. G. Weatherall & P. J. Holland (2018) Review of epidemiology, clinical presentation, diagnosis, and treatment of common primary psychiatric causes of cutaneous disease, *Journal of Dermatological Treatment*, 29:4, 418-427, DOI: [10.1080/09546634.2017.1395389](https://doi.org/10.1080/09546634.2017.1395389)

To link to this article: <https://doi.org/10.1080/09546634.2017.1395389>

Krooks, J., Weatherall, A., & Holland, P. (2017). Review of epidemiology, clinical presentation, diagnosis, and treatment of common primary psychiatric causes of cutaneous disease. *Journal Of Dermatological Treatment*, 29(4), 418-427. doi: 10.1080/09546634.2017.1395389

Atopic Dermatitis, Depression, and Suicidality

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Journal of Cutaneous Medicine and Surgery
1-6
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DOI: 10.1177/1203475416685078
jcms.sagepub.com



Abstract

Atopic dermatitis (AD) is a common disease associated with an underappreciated increased risk of depression and suicidality. Current literature investigates associated risk factors, including severity of disease, age, sex, and atopic comorbidities, which may help identify patients with AD at high risk for depression or suicidality. Increasing severity of AD and female sex are associated with an increased risk for both depression and suicidality, while increasing age is associated with an increased risk for depression only. Further research is required to validate the studies supporting these reported associations with a particular emphasis on suicidality and AD due to lack of information. The use of these risk factors may assist in the creation of simple screening tools to screen for psychiatric comorbidity in patients with AD.

Nicholas, M., & Gooderham, M. (2017). Atopic Dermatitis, Depression, and Suicidality. *Journal Of Cutaneous Medicine And Surgery*, 21(3), 237-242. doi: 10.1177/1203475416685078