PSYCHOSOCIAL IMPLICATIONS OF PSORIASIS - THEORETICAL REVIEW -

Written by Corina Ioana VLADUT, Eva KALLAY

ABSTRACT

Dermatological diseases oftentimes induce more discomfort than mere physical inconveniences. Over 38% of dermatological inpatients present mental health problems, due to their skin condition and changed life circumstances (Stangier, Ehlers, & Gieler, 2003; Picardi, Abeni, Melchi, Puddu, & Pasquini, 2000). The psycho-social implications of dermatological disorders seem to be extremely disturbing in psoriasis. Thus, our review will discuss in more detail this specific skin disease. Psoriasis is an extremely unsettling dermatological condition that may have serious implications, altering most domains of the patient's functioning. Intense, maladaptive emotional reactions are frequent in psoriasis, and may not only affect the patient’s life but also his/her recovery. Emotionally adapted patients present a better adherence to treatment and follow medical instructions more rigorously, than those confronted with high levels of distress. Consequently, dermatological treatment completed with psychological interventions would not only reduce the costs implied in the treatment of psoriasis, but also significantly improve the quality of the patient’s life. The major objective of this theoretical review is to briefly present the most common psychological reactions of psoriasis, the affected domains of the patients’ life, and exemplify the most common interventions that have improved psoriasis patients’ condition.

KEYWORDS: psoriasis, dermatological distress, negative emotional states, quality of life, palliative interventions.