The Biopsychosocial Predictors of Depression Among Patients with Psoriasis

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Background. Psoriasis is connected with a high risk of social stigma of patients and thus the risk factor of depression as well as the worsening of their quality of life. Consequently, the more the human beings' characteristics are divergent from existing social-cultural pattern, the higher the stigma risk is.

Aim. The aim of the study was to determine the biopsychosocial variables in predicting depression among psoriasis patients.

Material and methods. The study was a cross-sectional examination and involved 219 patients with psoriasis. The following assessments were employed: BSA (severity of psoriasis), DLQI (quality of life), ASI-R (body image), BDI (depression).

Results. In the examined group moderate depressive symptoms were recorded, however, those symptoms already indicate the risk of major depressive disorder. The relevant depression predictors were only the factors connected with the body image and the assessments of the psoriasis impact on patient-reported health-related quality of life. The severity of psoriasis were not significant predictor of depressive symptoms.

Conclusion. The psychosocial factors were more important predictors of depressive symptoms in patients than the severity of psoriasis. The work on improvement of the patient's body image, reduction of the frustration linked with the patient self-comparison with the cultural created ideal body image as well as correction of beliefs about the psoriasis may help patients to improve their quality of life and decline the risk of depression.