ABSTRACT

OBJECTIVE: To determine the frequency of Anxiety and Depression among patients of Psoriasis in relation with marital and socioeconomic status.

STUDY DESIGN: A Descriptive Cross Sectional Study.

PLACE AND DURATION: Department of Psychiatry and Behavioral Sciences and Department of Dermatology, Jinnah Postgraduate Medical Centre (JPMC), Karachi from 21st May 2015 to 20th November 2015.

METHODOLOGY: A total of 134 diagnosed cases of Psoriasis were enrolled and brief case history was taken then patients were assessed for anxiety and depression on the basis of Hospital Anxiety and Depression Scale (HADS). A score ≥ 7 was marked as patients with positive anxiety and depressive disorder.

RESULTS: Mean ± SD of age was 48.56 ± 8.24 with C.I (47.15–49.96) years. Mean ± SD of duration of psoriasis was 12.54±7.36 with C.I (11.28–13.79) weeks. Out of 134 patients (65%) were male and (35%) were female. Frequency of anxiety and depressive disorder was found in (26%) and (17%) patients respectively. Anxiety was more frequent among middle and upper middle class while depression was more frequent among divorced and widowed.

CONCLUSION: Patients having Psoriasis are much vulnerable to Anxiety and Depressive disorders.

KEY WORDS: Anxiety, Depression, Psoriasis, Marital status, socioeconomic status.

HOW TO CITE THIS:

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INTRODUCTION

Psoriasis is a typical chronic condition influencing 1-3% of the all inclusive community and it is evaluated that 0.4-2.3% of the grown-up population have psoriasis¹. Psoriasis is connected with impedance in well-being related personal satisfaction even in mild cases². Psoriasis is caused by a perplexing association of multiple genes and ecological components³. It has been recognized by different studies that Psoriasis has adverse effects on mental health and also associated with many psychological problems specially depression. Considering the psychosocial parts of the disease is critical in psoriatic patients. According to literature up to 58% of psoriatic patients suffer from depression. It has been uncovered that female psoriatic patients are more vulnerable to have depression than males. The pervasiveness of anxiety is significantly higher than depression in psoriatic patients. Indeed, even psoriatic patients have detailed essentially higher degrees of anxiety than other perpetual non-communicable diseases⁴. Be that as it may, there have been generally few reviews assessing mental outcomes in patients with psoriasis. Distributed reviews have been basically from tertiary care referral focuses, have experienced little specimen sizes, less assets, absence of prepared analysts and have measured mental side effects utilizing an assortment of research polls as opposed to clinical conclusions⁵. The latest research reports anxiety and depression as 24.4% and 9.6% among Psoriatic patients⁶. There are differences in the study settings, level of expertise and outcomes that's why there is still lack in any final conclusion in the literature⁷. Keeping in view the scenario this study is designed to address this issue so that strategies could be made to screen such patients on regular basis as to minimize the morbidity. This study deals with to determine the frequency of Anxiety and Depression among patients of Psoriasis in relation with marital and socioeconomic status and by knowing this; it would be helpful to manage such patients properly and will minimize their sufferings.

METHODOLOGY

This descriptive cross sectional study conducted at Department of Psychiatry & Behavioral Sciences and Department of Dermatology at Jinnah Postgraduate Medical Centre, Karachi, from 21st May, 2015 to 20th November, 2015. Sample size was...
134 calculated by using Creative Research Systems (CRS) sample size calculator. Patients between 18-70 years with diagnosed cases of Psoriasis of more than 4 weeks duration were taken. Diagnosis of Psoriasis was made clinically by consultant dermatologist through history taking and physical examination. Those having previous history of Psychiatric disorder, patients with malignancy, patients with SLE or history of any other autoimmune disorders like glomerulonephritis, scleroderma/systemic sclerosis, confirmed by documented evidence were excluded from study. Informed Consent was obtained prior to the inclusion of patients in the study after explaining the purpose, procedure, risk and benefits of the study. Patients were ensured for confidentiality. Hospital Anxiety and Depression scale was applied on all patients by the researcher in a friendly and conducive environment to see the frequency of Anxiety and Depression. A score ≥ 7 was marked as patients with positive anxiety and depressive disorder. Hospital Anxiety and Depression Scale (HADS) was initially created by Zigmond and Snaith in 1983 and is normally utilized by specialists to decide the levels of anxiety and depression that a patient is encountering.

All the collected data were analyzed by using computer package SPSS (Statistical Packages of Social Sciences) version 17.0. Mean and standard deviation (SD) were computed for quantitative variables like age. Frequency and percentage of Anxiety and Depressive disorder were calculated. Stratification with socioeconomic and marital status was done.

RESULTS

In this study 134 diagnosed cases of psoriasis were enrolled to assess the frequency of anxiety and depression. Mean ± SD of age was 48.56±8.24 with C.I (47.15—49.96) years. Mean ± SD of duration of psoriasis was 12.54±7.36 with C.I (11.28—13.79) weeks. Out of 134 patients 87 (65%) were male and 47 (35%) were female. Among all cases, 17 (13%) were unmarried, 46 (34%) were married, 43 (32%) were widow/widower and 28 (21%) were divorced. In total patients 83 (62%) were employed and 51 (38%) were unemployed. Most of the cases 51 (38%) were belonging to upper middle class, 58 (43%) were of middle class and 25 (19%) belonged to lower class. Those of 134 cases 53 (40%) were educated up to intermediate, 42 (31%) were matriculated, 30 (22%) were primary and 9 (7%) were uneducated. Frequency of anxiety and depression was found in 35 (26%) and 23 (17%) patients respectively on the basis of Hospital Anxiety and Depression Scale score. Anxiety was more prevalent among upper middle class and middle class while depression was almost equally present. The anxiety was more prevalent among widowed psoriatic patients and depression among divorced psoriatic patients.

DISCUSSION

This study aimed to find the frequency of anxiety and depression among patients of Psoriasis. The study results revealed that 26% of the psoriatic patients were having anxiety and 17% depressive disorder according to HADS criteria (Hospital Anxiety and Depression Scale). Many reviews support the view that dermatological conditions convey a high level of psychiatric bleakness shifting from 10 to 90%. The findings of this study go along with another study where anxiety was observed among 43% of participants at a tertiary care clinic for psoriatic patients. Conversely, another review did not discover raised levels of anxiety related with psoriasis which was mostly credited to the low psoriasis seriousness scores that could have affected their outcomes. It could likewise be clarified in perspective of the differing qualities of variables hidden the

| TABLE – I: STRATIFICATION OF ANXIETY AND DEPRESSION WITH ECONOMIC STATUS (N= 134) |
|-----------------------------------|-----|-----|-----|
| Marital Status       | Anxiety | P-value | Depression |
|                      | Yes | No | P-value     | Yes | No | P-value     |
| Single               | 2 (1.4%) | 15 (11.1%) | 0.83 | 1 (0.74%) | 16 (11.9%) | 0.089 |
| Married              | 08 (5.9%) | 38 (28.3%) |       | 06 (4.4%) | 40 (29.8%) |       |
| Widow/widower       | 15 (11.1%) | 28 (20.8%) | 0.018 | 07 (5.2%) | 36 (26.8%) |       |
| Divorced            | 10 (7.4%) | 18 (13.4%) |       | 09 (6.7%) | 19 (14.1%) |       |

| TABLE – II: STRATIFICATION OF ANXIETY AND DEPRESSION WITH MARITAL STATUS (N= 134) |
|-----------------------------------|-----|-----|-----|
| Economic status       | Anxiety | P-value | Depression |
|                      | Yes | No | P-value     | Yes | No | P-value     |
| Lower class          | 3 (2.2%) | 22 (16.4%) | 0.018 | 2 (1.4%) | 23 (17.1%) | 0.337 |
| Middle class         | 12 (8.9%) | 46 (34.3%) |       | 10 (7.4%) | 48 (35.8%) |       |
| Upper middle class   | 20 (14.9%) | 31 (23.1%) |       | 11 (8.2%) | 40 (29.8%) |       |
rise of anxiety in psoriatic patients. This study shows that Anxiety and Depression is more prevalent among middle class socioeconomic strata, showing the burden of Psoriasis causes them more suffering from psychiatric illnesses. The Anxiety and Depression were also seen more among widowed/separated or divorced as compared to single or married. In another study it is revealed that Depressive disorder among Psoriasis was found as 26%, versus 17% in the current study. The link between some psychiatric co-morbidities and psoriasis has etiopathogenic subtleties that could increase our knowledge about the diseases and their treatments. Studies are needed to explore co-morbidities and comprehensively treat these patients. Our study revealed men reported more depression than women whereas the difference was minor. Similar to our study, there is another study which shows that the magnitude of anxiety and depression among patients with psoriasis is more than those of healthy peoples. Our study has revealed that frequency of anxiety is more than depression and this is also evidenced in the study carried out in India.

CONCLUSION

Patients having Psoriasis are much vulnerable to Anxiety and Depressive disorders.

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Jat MI: Study designed, Manuscript writing, Analysis, Discussion writing.
Wadhwnani AK: Data collection, Data entry, Results writing.

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