

Prevalence and associated factors of depression in patients with psoriasis at psoriasis clinic in a university hospital in Thailand



Mahidol University
Faculty of Medicine Siriraj Hospital

Kamonporn Wannarit*, Chanisada Wongpraparut**, Leena Chularojanamontri** Narumol Silpa-archa**, Nuchanart Tayeh*, Punyisa Prachgosin*, Woraphat Ratta-apha*
* Department of Psychiatry, Faculty of medicine, Siriraj Hospital, Mahidol University.
** Department of Dermatology, Faculty of medicine, Siriraj Hospital, Mahidol University.

Background

Patients with psoriasis not only suffer from several physically burdensome symptoms, but also from depression and stress. In addition, psoriasis may affect their quality of life as well.

Objectives

To investigate the prevalence and associated factors of depression in patients with psoriasis.

Materials and methods

Patients with psoriasis were invited to complete the Thai versions of Patient Health Questionnaire (PHQ-9), Perceived Stress Scale-10, Alcohol Use Disorders Identification Test, Fagerström Test for Nicotine Dependence, Psoriasis Disability Index (PDI), Psoriasis Area and Severity Index and Simplified Psoriasis Index (SPI). T-test and chi-square test were used to examine associated factors of depression. Pearson's correlation was used to investigate relationship between severity of depression and other mental health problems.

Table 1: Comparison of psoriasis impact on participants who had depression and did not have depression using t-test (n = 150)

Variable	Participants who had depression (N=32)	Participants who did not have depression (N= 118)	P-value
	Mean ± SD	Mean ± SD	
^a T-PSS-10	17.94 ± 4.50	15.08 ± 5.40	0.007*
^b PASI	11.080 ± 9.01	8.79 ± 8.35	0.190
^c proSPI Severity	12.69 ± 7.84	10.75 ± 9.93	0.150
^c proSPI Psychosocial	5.58 ± 3.07	3.76 ± 2.75	0.002*
^c proSPI Intervention	3.29 ± 2.08	2.91± 2.02	0.363
^d saSPI Severity	12.24 ± 10.89	6.80 ± 7.35	0.001*
^d saSPI Psychosocial	5.25 ± 2.35	3.19 ± 2.64	0.000*
^d saSPI Intervention	2.84 ± 2.27	2.98 ± 2.09	0.744
Psoriasis Disability Index (PDI)	12.69 ± 7.84	6.07± 5.86	<0.001*

* P-value < 0.05

^aT-PSS-10: Thai Perceived Stress Scale-10; ^bPASI: Psoriasis Area and Severity Index; ^cproSPI: Simplified Psoriasis Index-health professional assessment; ^dsaSPI: Simplified Psoriasis Index-patient self-assessment

Results

After 150 patients were assessed, 21.33% of them had depression. Higher scores of stress level, subjective psychosocial impact of psoriasis, self-perceived current severity of psoriasis and more impaired quality of life were significantly associated with depression ($p < 0.05$). Depression severity was positively correlated with the severity of alcohol drinking, perceived stress, quality of life impairment, current severity and psychosocial impact of psoriasis ($p < 0.05$).

Conclusions

Depression is prevalent among patients with psoriasis. Those with high perceived-stress and high psychosocial impact of psoriasis and more severe disease activity should be evaluated for depression as it can hamper their quality of life.

Table 2: Correlation between severity of depression and other variables

Variables	Coefficient of Correlation (r)	P-value
Alcohol Use Disorders Identification Test (AUDIT)	0.227	0.005*
Psoriasis Disability Index (PDI)	0.523	<0.001*
T-PSS-10	0.336	<0.001*
PASI	0.161	0.093
proSPI Severity	0.311	0.050
proSPI Psychosocial	0.032	<0.001*
proSPI Intervention	0.103	0.212
saSPI Severity	0.311	<0.001*
saSPI Psychosocial	0.352	<0.001*
saSPI Intervention	0.112	0.171

* P-value < 0.05

References

- Lamb R, Matcham F, Turner M, Rayner L, Simpson A, Hotopf M et al. Screening for anxiety and depression in people with psoriasis: a cross-sectional study in a tertiary referral setting. *Br J Dermatol.* 2017;176(4):1028-34.
- McDonough E, Ayearst R, Eder L, Chandran V, Rosen CF, Thavaneswaran A et al. Depression and anxiety in psoriatic disease: prevalence and associated factors. *J Rheumatol.* 2014;41(5):887-96.