

PSYCHOLOGICAL CHARACTERISTICS OF PATIENTS WITH PSORIASIS: OUR EXPERIENCE

Gordana Nikolić^{1,2}, Milenko Stanojević³, Olivera Žikić^{1,2},
Suzana Tošić-Golubović^{1,2}

¹University of Niš, Faculty of Medicine, Department of Psychiatry, Niš, Serbia

²Clinic of Mental Health Protection, Clinical Center Niš, Niš, Serbia

³University of Niš, Faculty of Medicine, Department of Dermatology and Venereology, Niš, Serbia

Contact: Gordana Nikolić
Blvd. dr. Zorana Djindjica 81, 18 000 Niš, Serbia
E mail: gordanani@gmail.com

In consultative psychiatry, we have also noticed negative emotional reactions and mood disorders in patients with psoriasis. In this paper, we wanted to determine the presence of psychological symptoms and psychiatric disorders among patients with psoriasis and an association between psychological traits and severity of psoriasis.

We examined 30 patients with psoriasis, using a consecutive method of patient selection. The severity of psoriasis was determined by the PASI score. Psychological assessment was done by the application of an unstructured clinical interview, M.I.N.I., for psychiatric disorders as well as KON-6 inventory for psychological traits: extroversion, somatization, and neuroticism. Pearson`s linear correlation was used to determine the relation between t-values of psychological dimensions and the values of PASI score.

One quarter of the sample had mild depression, anxiety and panic disorder. Patients with mild psoriasis had lower neuroticism, and those with extroversion had lower tendency to somatization.

Our patients described feeling tension, discomfort, and shyness due to their low self-esteem. A low degree of psychiatric comorbidity is probably due to the sample size.

Mild psoriasis is associated with low neuroticism, and further follow-up of the patients is needed to examine the psychological and medical outcome in relation to the severity of psoriasis.

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