



Original Article

Depressive Disorders in Patients with Psoriasis

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ABSTRACT

Psoriasis is a chronic, inflammatory skin condition that can have a significant impact on a patient's physical and mental health. Previous research has suggested an association between psoriasis and depression, but the nature of this relationship is not fully understood. This study aimed to investigate the prevalence of depression in patients with psoriasis and to identify potential risk factors. We conducted a cross-sectional study at the dermatology clinic between January 2020 and December 2022. Patients with a confirmed diagnosis of psoriasis were invited to participate. Depression was assessed using the Patient Health Questionnaire-9 (PHQ-9), and data on demographic characteristics, disease severity, and comorbidities were collected. Multivariate logistic regression analysis was used to identify risk factors for depression. A total of X patients with psoriasis were included in the analysis. The prevalence of depression (PHQ-9 score ≥ 10) was Y%. Factors associated with an increased risk of depression included severe psoriasis (adjusted OR = A, 95% CI: B-C), female sex (adjusted OR = D, 95% CI: E-F), and the presence of other chronic conditions (adjusted OR = G, 95% CI: H-I). Disease duration and treatment modality were not significant predictors of depression in this study population. In conclusion, a high prevalence of depression among patients with psoriasis, particularly those with severe disease, females, and those with comorbidities. These findings underscore the importance of routine screening for mental health issues and the need for a multidisciplinary approach to the management of psoriasis.

Keywords: *Psoriasis, depression, mental health, risk factors, cross-sectional study*

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