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Quality of life in patients with melasma in King Khalid University Hospital, Saudi Arabia

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Background: Melasma is a common, chronic acquired hypermelanosis on sun-exposed areas of the skin that affect the psychological well-being of patients.

Objectives: The main objectives of this study were to assess the quality of life in patients with melasma visiting the dermatology clinic at King Khalid University Hospital, Riyadh, Saudi Arabia and to correlate quality of life scores with severity of melasma.

Methods: A cross sectional study was conducted in the dermatology clinic at King Khalid University Hospital, Riyadh, Saudi Arabia during the period of November 2015 - April 2016. A self-administered validated Arabic version of Melasma quality of life (MELASQOL) scale was administered to the patients. Melasma severity was clinically assessed using Melasma Area and Severity Index (MASI).

Results: A total of 80 patients were participated in the study, in which 72 females (90%) and 8(10%) males. The majority, 63.8% were aged greater than 39 years. A 72.5% of patients were married, 45% had completed their Bachelor's degree, the monthly family income was 5000-less than 1000 Saudi riyals for 41.3% of patients, and 52.5% of patients didn't work. The mean±standard deviation of MELASQOL score was 29.64±16.755 and the median was 24.50. The mean±SD of MASI score was 11.093±4.3643 and the median was 10.800. There was no correlation between MELASQOL and MASI scores, Pearson correlation (r) and p value were 0.117 and 0.301 respectively.

Conclusion: The QOL results in this study were generally similar to previous studies in that melasma has an effect on quality of life. Dermatologists should consider the effect of melasma on quality of life in their management of melasma patients.

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