

# 23<sup>rd</sup> World Dermatology Congress

June 20-21, 2022 | Paris, France

Giusto Trevisan, J Dermatol Dis 2022, Volume 09

## What influences quality of life of atopic dermatitis patients? – The results of our study

**Liborija Lugović-Mihić**

University Hospital Centre Sestre Milosrdnice, Croatia

Chronic diseases such as atopic dermatitis (AD) can severely limit both specific and broad dimensions of daily functioning, significantly lowering a person's quality of life due to itching, sleep disorders, consequent anxiety, and depression. Thus, AD is known to be a significant burden on patients, their families, and also on society.

**Materials and methods:** This research study analyzed different aspects of AD patients' quality of life. We assessed AD severity by the SCORing Atopic Dermatitis (SCORAD) index, the Dermatology Life Quality Index (DLQI), the World Health Organization Quality of Life Brief Version (WHOQOL-BREF), the Brief Illness Perception Questionnaire (Brief IPQ), and the Crown-Crisp Experiential Index (CCEI), which analyzes personality traits. The study included 84 AD patients in different stages of the disease (42 with clinical manifestations and 42 in remission).

**Results:** SCORAD values correlated positively and linearly with DLQI ( $p < 0.001$ ) and with AD impact on life, disease control, and disease symptoms ( $p \leq 0.023$ ). DLQI was also related to certain personality characteristics (free-floating anxiety disorder, obsession, somatization, and depression;  $p \leq 0.032$ ). Symptomatic AD patients had a significantly more impaired DLQI than asymptomatic patients ( $p < 0.001$ ), and the two groups differed in some IPQ dimensions but not in the WHOQOL-BREF dimensions and personality traits (CCEI).

**Conclusion:** The chronic, recurrent, and debilitating nature of AD significantly reduces patient quality of life. AD patient quality of life is dependent not only on disease severity but is also influenced by patient personality characteristics (anxiety disorder, obsession, somatization, depression). Thus, it is necessary to take these factors into account when analyzing AD patients' quality of life predictors. These findings suggest that improving AD patients' quality of life requires clinicians to consider a multidisciplinary treatment approach with psychological support strategies to create effective, patient-specific therapy regimens.

### Biography

Professor Liborija Lugović-Mihić, MD, PhD, has been working as a Dermatovenereologist at the Department of Dermatology and Venereology, Sestre Milosrdnice University Hospital Centre since 2002, where she is Head of Clinic and Head of the Laboratory. Since 2007 she has been a mentor for 15 doctoral theses, mostly focusing on inflammatory skin diseases. In 2015 she received the Ministry of Health Award for most efficient dermatologist (Croatia). She has published three books, numerous scientific and professional publications, as well as book chapters and has been cited by many authors. She has contributed to many national and international scientific projects as head researcher and associate researcher.

**Received:** April 30, 2022; **Accepted:** May 3, 2022; **Published:** June 23, 2022