

The impact of psychodermatology consultations on the quality of life and emotional wellbeing of dermatology patients

Target audience

A heterogeneous group of psychodermatology patients with conditions such as skin picking, trichotillomania, body dysmorphic disorder and chronic itch.

Brief description of the project

This specialized 30 minutes consultation will be done by a resident and supervisor. Both are trained in psychodermatology. We will focus on a heterogeneous group of psychodermatology patients. We will address the burden of the disease, try to provide coping mechanisms and prescribe psychotropic drugs if necessary. Before the start of the treatment, as well as after three months of treatments, we will ask the patients to fill out the Dermatology Life Quality Index (DLQI) and the Hospital Anxiety and Depression Scale (HADS) questionnaires. Consequently, we will evaluate the impact on the quality of life and emotional wellbeing.

Objectives and rationale (including benefits for the patient)

With this specialized psychodermatology consultation we aim to improve the quality of life and emotional wellbeing of dermatology patients.

Results/outcomes if applicable

There are no preliminary results.

Attachments

Introduction

Many skin conditions have a strong impact on quality of life and emotional wellbeing (1-6). Each component of health-related quality of life (symptoms, emotions and functioning) can be more or less affected, depending on the nature of the disease (1-2). The association between psychiatric and dermatologic disorders has been characterized and it shows a higher prevalence of psychiatric problems in patients with skin diseases compared with controls (3-4). Most dermatologists recognize the relationship between mental and dermatological health, but the comorbid psychiatric disease is not always routinely addressed (5). Additionally, the patients themselves are not consciously seeking for psychotherapy, they are asking a cure for their dermatologic disease (6). It is therefore important that the dermatologist assesses and addresses the psychological needs of the patient (6) because the literature describes that psychologic intervention and prescribing psychotropic drugs can cause a significant improvement in the quality of life and cause a significantly higher increase in patient satisfaction than in patients that received standard dermatological care (7).

Table: Special ability of the well-informed dermatologist (6)

Patient's problem	Ability needed
Delusional patients	Prescription of antipsychotic drugs
Patients not able to undertake psychotherapy: Social or financial problem Cultural difficulties	Prescription of antidepressant or other psychotropic drugs together with relational skills
Difficult patients	Relational skills
Patients needing psychotherapy	Ability to recognize need and to send patient to a psychodermatologist or to a psychodermatology team
Patients with factitious disorders	Ability to recognize disorders and to react on it

Budget

Item	Cost (euros)
Formal training in psychodermatology and psychotherapy	
Required courses	4500
6 weeks clinical attachment in an international center of excellence	
Travel costs	750
Accommodation	750
Outreach and online patient education	
Website (structure and provider) for patients with psychodermatologic conditions	2500
Content development (information on psychodermatology and associated conditions) website and virtual patient leaflets	3000
Dedicated and suited space	
Renovation of a specialized consultation room for psychodermatology	3500

References

- (1) Testa MA, Simonson DC. Assessment of quality-of-life outcomes. *N Engl J Med*. 1996 Mar 28;334(13):835-40. doi: 10.1056/NEJM199603283341306. PMID: 8596551.
- (2) Both H, Essink-Bot ML, Busschbach J, Nijsten T. Critical review of generic and dermatology-specific health-related quality of life instruments. *J Invest Dermatol*. 2007 Dec;127(12):2726-39. doi: 10.1038/sj.jid.5701142. Epub 2007 Nov 8. PMID: 17989733.
- (3) Seale L, Gaulding JV, Porto D, Prabhakar D, Kerr H. Implementation of a psychodermatology clinic at a major health system in Detroit. *Int J Womens Dermatol*. 2018 Jul 7;4(4):227-229. doi: 10.1016/j.ijwd.2018.05.002. PMID: 30627622; PMCID: PMC6322150.
- (4) Dalgard FJ, Gieler U, Tomas-Aragones L, Lien L, Poot F, Jemec GBE, Misery L, Szabo C, Linder D, Sampogna F, Evers AWM, Halvorsen JA, Balieva F, Szepietowski J, Romanov D, Marron SE, Altunay IK, Finlay AY, Salek SS, Kupfer J. The psychological burden of skin diseases: a cross-sectional multicenter study among dermatological out-patients in 13 European countries. *J Invest Dermatol*. 2015 Apr;135(4):984-991. doi: 10.1038/jid.2014.530. Epub 2014 Dec 18. PMID: 25521458; PMCID: PMC4378256.
- (5) Tran A, Desir AK, Okafor LC, Jafferany M, Copes LE. Psychodermatology in clinical practice: An examination of physician attitudes, beliefs, and interventions toward psychocutaneous disease. *Dermatol Ther*. 2020 Jul;33(4):e13612. doi: 10.1111/dth.13612. Epub 2020 Jun 7. PMID: 32421212.
- (6) Poot F, Sampogna F, Onnis L. Basic knowledge in psychodermatology. *J Eur Acad Dermatol Venereol*. 2007 Feb;21(2):227-34. doi: 10.1111/j.1468-3083.2006.01910.x. PMID: 17243959.
- (7) Goyal N, Sheno S, Prabhu SS, Sreejayan K, Munoli R, Rai S. Psychodermatology liaison clinic in India: a working model. *Trop Doct*. 2018 Jan;48(1):7-11. doi: 10.1177/0049475517736708. Epub 2017 Oct 17. PMID: 29041838.
- (8) AY Finlay, GK Khan, April 1992 www.dermatology.org.uk
- (9) Zigmund AS, Snaith RP. The hospital anxiety and depression scale. *Acta Psychiatr Scand*. 1983 Jun;67(6):361-70. doi: 10.1111/j.1600-0447.1983.tb09716.x. PMID: 6880820.

Dermatology Life Quality Index (DLQI) questionnaire (8)

DERMATOLOGY LIFE QUALITY INDEX (DLQI)

Hospital No: □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ .

Date: □ □ □ □ □ □ □ □ .

Name: □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ .

Score: □ □ □ □ □ □ □ □ .

Address: □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ .
□ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ .

Diagnosis: □ □ □ □ □ □ □ □ □ □ .

The aim of this questionnaire is to measure how much your skin problem has affected your life OVER THE LAST WEEK. Please tick (✓) one box for each question.

- | | | | |
|---|--|--|---------------------------------------|
| 1. Over the last week, how itchy, sore, painful or stinging has your skin been? | Very much
A lot
A little
Not at all | <input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/> | |
| 2. Over the last week, how embarrassed or self conscious have you been because of your skin? | Very much
A lot
A little
Not at all | <input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/> | |
| 3. Over the last week, how much has your skin interfered with you going shopping or looking after your home or garden ? | Very much
A lot
A little
Not at all | <input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/> | Not relevant <input type="checkbox"/> |
| 4. Over the last week, how much has your skin influenced the clothes you wear? | Very much
A lot
A little
Not at all | <input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/> | Not relevant <input type="checkbox"/> |
| 5. Over the last week, how much has your skin affected any social or leisure activities? | Very much
A lot
A little
Not at all | <input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/> | Not relevant <input type="checkbox"/> |
| 6. Over the last week, how much has your skin made it difficult for you to do any sport ? | Very much
A lot
A little
Not at all | <input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/> | Not relevant <input type="checkbox"/> |
| 7. Over the last week, has your skin prevented you from working or studying ? | Yes
No | <input type="checkbox"/>
<input type="checkbox"/> | Not relevant <input type="checkbox"/> |
| If "No", over the last week how much has your skin been a problem at work or studying ? | A lot
A little
Not at all | <input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/> | |
| 8. Over the last week, how much has your skin created problems with your partner or any of your close friends or relatives ? | Very much
A lot
A little
Not at all | <input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/> | Not relevant <input type="checkbox"/> |
| 9. Over the last week, how much has your skin caused any sexual difficulties ? | Very much
A lot
A little
Not at all | <input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/> | Not relevant <input type="checkbox"/> |
| 10. Over the last week, how much of a problem has the treatment for your skin been, for example by making your home messy, or by taking up time? | Very much
A lot
A little
Not at all | <input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/> | Not relevant <input type="checkbox"/> |

Please check you have answered EVERY question. Thank you.

Hospital Anxiety and Depression Scale (HADS) questionnaire (9)

Hospital Anxiety and Depression Scale (HADS)

Tick the box beside the reply that is closest to how you have been feeling in the past week.
Don't take too long over you replies: your immediate is best.

D	A		D	A	
		I feel tense or 'wound up':			I feel as if I am slowed down:
3		Most of the time	3		Nearly all the time
2		A lot of the time	2		Very often
1		From time to time, occasionally	1		Sometimes
0		Not at all	0		Not at all
		I still enjoy the things I used to enjoy:			I get a sort of frightened feeling like 'butterflies' in the stomach:
0		Definitely as much	0		Not at all
1		Not quite so much	1		Occasionally
2		Only a little	2		Quite Often
3		Hardly at all	3		Very Often
		I get a sort of frightened feeling as if something awful is about to happen:			I have lost interest in my appearance:
3		Very definitely and quite badly	3		Definitely
2		Yes, but not too badly	2		I don't take as much care as I should
1		A little, but it doesn't worry me	1		I may not take quite as much care
0		Not at all	0		I take just as much care as ever
		I can laugh and see the funny side of things:			I feel restless as I have to be on the move:
0		As much as I always could	3		Very much indeed
1		Not quite so much now	2		Quite a lot
2		Definitely not so much now	1		Not very much
3		Not at all	0		Not at all
		Worrying thoughts go through my mind:			I look forward with enjoyment to things:
3		A great deal of the time	0		As much as I ever did
2		A lot of the time	1		Rather less than I used to
1		From time to time, but not too often	2		Definitely less than I used to
0		Only occasionally	3		Hardly at all
		I feel cheerful:			I get sudden feelings of panic:
3		Not at all	3		Very often indeed
2		Not often	2		Quite often
1		Sometimes	1		Not very often
0		Most of the time	0		Not at all
		I can sit at ease and feel relaxed:			I can enjoy a good book or radio or TV program:
0		Definitely	0		Often
1		Usually	1		Sometimes
2		Not Often	2		Not often
3		Not at all	3		Very seldom

Please check you have answered all the questions

Scoring:

Total score: Depression (D) _____ Anxiety (A) _____

0-7 = Normal

8-10 = Borderline abnormal (borderline case)

11-21 = Abnormal (case)