

ABSTRACT

A STUDY ON IMPACT OF VITILIGO ON PSYCHIATRIC MANIFESTATIONS

AIM

To study the Impact of Vitiligo on Psychiatric manifestations and to assess the frequency and pattern of psychiatric illness in patients with vitiligo and to understand the relationship with stressors, Quality of life and Disease related variables.

OBJECTIVES

1. To study the Prevalence and patterns of Psychiatric illness in Patients with Vitiligo.
2. To study the pattern of Psychiatric illness among different morphological types of Vitiligo.
3. To assess the Hostility and direction of Hostility in Patients with Vitiligo.
4. To determine the relationship of Psychiatric illness , Life Stressors and Quality of Life in Patients with Vitiligo
5. To compare the Quality of life between patients of Vitiligo with and without psychiatric illness .

METHODOLOGY: This study was done on a sample of 70 patients with established diagnosis of Vitiligo, seeking consultation in the Department of Dermatology, Government Rajaji Hospital for a period of 3 months. The study was designed as cross-sectional study. They were assessed using Semistructured Proforma, MINI International Neuropsychiatric Interview, Hospital Anxiety Depression Scale, Presumptive Stressful Life Events Scale, Rosenberg self esteem scale, WHO Quality of Life BREF, Hostility and Direction of Hostility Questionnaire. The data collected were subjected to statistical analysis.

RESULTS: Psychiatric manifestations were prevalent among 70 % of patients with Vitiligo. Major Depression was the most common Psychiatric morbidity accounting for 31.4%, followed by Generalised Anxiety Disorder in 11.4%. The risk of Psychiatric morbidity increases with increasing severity of illness. Patients with more number of Stressful life events are prone to develop Psychiatric co-morbidities. Compared to other variables, including illness variables like type of vitiligo, Duration of illness and Severity, psychiatric comorbidity contributes more to low Quality of Life.

CONCLUSION: Thus, it is important to assess the Psychiatric manifestations in Vitiligo, since early recognition and treatment of the same, will improve the Quality of Life in patients with Vitiligo, leading to a better outcome.

KEY WORDS: VITILIGO, PSYCHIATRIC MANIFESTATIONS,
STRESSFULL LIFE EVENTS, SELF ESTEEM, HOSTILITY, QUALITY OF LIFE.