Quality of life in patients with vitiligo

A descriptive study on 83 patients attending a PUVA therapy unit in Imam Reza Hospital, Mashad

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Introduction

• Vitiligo is disfiguring in all races
• Particularly in patients with darker skin
• Psychological burden
  – poor body image
  – low self-esteem
• in Iran,
  – strong negative public attitude
  – same mental abuses as patients with lepraes
Background and aim

• Patient‘s perception of disability dose not necessarily correlate with disease impact on physiologic function of organ

• Dermatology life quality index (DLQI), described by Finlay and Khan assesses the quality of life (QOL) in patients with skin disease
  
  Department of Dermatology   Cardiff University School of Medicine

• Persian version has been found to be reliable and valid (by Aghaei et al)
<table>
<thead>
<tr>
<th></th>
<th>Question</th>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Over the last week, how <strong>itchy</strong>, <strong>sore</strong>, <strong>painful</strong> or <strong>stinging</strong> has your skin been?</td>
<td>Very much ☐, A lot ☐, A little ☐, Not at all ☐</td>
</tr>
<tr>
<td>2</td>
<td>Over the last week, how <strong>embarrassed</strong> or <strong>self conscious</strong> have you been because of your skin?</td>
<td>Very much ☐, A lot ☐, A little ☐, Not at all ☐</td>
</tr>
<tr>
<td>3</td>
<td>Over the last week, how much has your skin interfered with you going <strong>shopping</strong> or looking after your <strong>home</strong> or <strong>garden</strong>?</td>
<td>Very much ☐, A lot ☐, A little ☐, Not at all ☐, Not relevant ☐</td>
</tr>
<tr>
<td>4</td>
<td>Over the last week, how much has your skin influenced the <strong>clothes</strong> you wear?</td>
<td>Very much ☐, A lot ☐, A little ☐, Not at all ☐, Not relevant ☐</td>
</tr>
<tr>
<td>5</td>
<td>Over the last week, how much has your skin affected any <strong>social</strong> or <strong>leisure</strong> activities?</td>
<td>Very much ☐, A lot ☐, A little ☐, Not at all ☐, Not relevant ☐</td>
</tr>
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<td></td>
<td>Question</td>
<td>Options</td>
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<td>6.</td>
<td>Over the last week, how much has your skin made it difficult for you to do any <strong>sport</strong>?</td>
<td>Very much, A lot, A little, Not at all, Not relevant</td>
</tr>
<tr>
<td>7.</td>
<td>Over the last week, has your skin prevented you from <strong>working</strong> or <strong>studying</strong>?</td>
<td>Yes, No, Not relevant</td>
</tr>
<tr>
<td></td>
<td>If &quot;No&quot;, over the last week how much has your skin been a problem at <strong>work</strong> or <strong>studying</strong>?</td>
<td>A lot, A little, Not at all</td>
</tr>
<tr>
<td>8.</td>
<td>Over the last week, how much has your skin created problems with your <strong>partner</strong> or any of your <strong>close friends</strong> or <strong>relatives</strong>?</td>
<td>Very much, A lot, A little, Not at all, Not relevant</td>
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<tr>
<td>9.</td>
<td>Over the last week, how much has your skin caused any <strong>sexual difficulties</strong>?</td>
<td>Very much, A lot, A little, Not at all, Not relevant</td>
</tr>
<tr>
<td>10.</td>
<td>Over the last week, how much of a problem has the <strong>treatment</strong> for your skin been, for example by making your home messy, or by taking up time?</td>
<td>Very much, A lot, A little, Not at all, Not relevant</td>
</tr>
<tr>
<td>سوال</td>
<td>فیلم ماهیت‌گذاری</td>
<td>فیلم هنرمندان</td>
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<tr>
<td>1</td>
<td>طی هفته کشته تا چه حد یورش به خانه نشان کنی بوده است؟</td>
<td>بسیار زیاد</td>
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<td>طی هفته کشته تا چه حد یورش به خانه نشان کنی بوده است؟</td>
<td>بسیار زیاد</td>
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<td>3</td>
<td>طی هفته کشته ناراحتی یورش به خانه نشان کنی بوده است؟</td>
<td>بسیار زیاد</td>
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<td>4</td>
<td>طی هفته کشته مشکل یورش به خانه نشان کنی بوده است؟</td>
<td>بسیار زیاد</td>
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<td>5</td>
<td>مشکل یورش به خانه نشان کنی بوده است؟</td>
<td>بسیار زیاد</td>
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<td>6</td>
<td>آیا مشکل یورش به خانه نشان کنی بوده است؟</td>
<td>بسیار زیاد</td>
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<td>7</td>
<td>در صورت که یورش به خانه نشان کنی بوده است؟</td>
<td>بسیار زیاد</td>
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<tr>
<td>8</td>
<td>طی هفته کشته مشکل یورش به خانه نشان کنی بوده است؟</td>
<td>بسیار زیاد</td>
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<tr>
<td>9</td>
<td>انجام کرده است؟</td>
<td>بسیار زیاد</td>
</tr>
<tr>
<td>10</td>
<td>انجام روابط درمانی طی هفته کشته تا چه حد انتخاب وقت کارداری را مانند رضایت کرده است؟</td>
<td>بسیار زیاد</td>
</tr>
</tbody>
</table>
DLQI

• is a self-completing questionnaire
• 10 questions classified into six categories
  – symptoms and signs (Q 1 and 2),
  – daily activity (Q 3 and 4),
  – leisure (Q 5 and 6),
  – work and school (Q 7),
  – personal relationships (Q 8 and 9)
  – treatments (Q 10)
The index score is calculated by summing each question's score resulting in a maximum of 30 and a minimum of zero. The higher the score, the more quality of life is impaired.
Study

• Descriptive study
• Dermatology Life Quality index (DLQI) in Iranian patients in PUVA therapy unit of Emam Reza Hospital
• *Persian version of QLSI was completed by 83 vitiligo patients*
Inclusion & Ethics

- Patients
  - without a known psychiatric premorbidity
  - at least elementary education,
- The study explained in details to the patients.
- Consent was obtained
- Research vice-chancellor of Mashhad Medical University had approved the conduction of this study
Parameters

- Age
- Sex
- Level of education
- Disease duration
- Involved area of body
  - Extent
  - Exposed or non-exposed
Results

• **83 Iranian patients**
  – **Sex**: 51 female (61.4%) and 32 male (38.6%)
  – **Age**: 16 -59 years old with Mean age of 27.2(±10.8).
  – **Disease duration**: 3 months to 50 years (mean duration of 9.9±9.4 years)
  – **Involved area**:
    • Only exposed areas : 4 cases
    • Only non-exposed areas : 26 cases
    • Both exposed and non-exposed : 53 cases
    • genital and perianal: 38 cases
DLQI scores

- **Min: 0   Max: 20**
  - The mean was 7.54 (4.97 SD)
  - highest in 3rd decade
    - but between age groups $P=0.278$
  - Mean for **women**: 8.6±5.2 and men: 5.8±4.1 ($P=0.013$)
    - higher scores in single male and in married female but the differences were not statistically significant.
DLQI scores

• higher DLQI score had an association with
  – living in the rural areas
  – involvement of sexually important areas of the body,
    • although these P-values were not significant
DLQI scores

- **symptoms and signs (Q 1 and 2)**
  - 45.15%

- **daily activity (Q3 and 4)**
  - 9.6% and 47% (cloths)

- **leisure and sport (Q 5 and 6)**
  - 16.8% and 14.4% (sport)

- **work and school (Q7)**
  - 9.6%

- **personal relationships (Q 8 and 9)**
  - 48.2% and 15.2%

- **treatments (Q10)**
  - 16.9%
Discussion

• There are variable results in different sites of the world
  – in England DLQI score of 4.82 to a DLQI
  – in Saudi Arabia score of 14.72

• Studies have shown that the quality of life decreases in vitiligo patients is related to the psychiatric comorbidity.

• Higher DLQI scores in Iranian and Saudi Arabian
  – cultural and religious beliefs
  – darker skin color
Conclusion

• Vitiligo patients experience anxiety and embarrassment when meeting strangers or beginning a new sexual relationship,
• Dealing with psychological component improve the patient's quality of life
• Community-based education about the nature of vitiligo and enhancing public attitude toward this disease
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Thank you for your attention