

Coping with depression and anxiety in patients with psoriasis

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The Egyptian Journal of Psychiatry (Print).

2010 v31 n2

comparative cross-sectional study of thirty psoriatic patients aged 15-45 years, and thirty age and sex matched normal controls. All patients did not have past or current history of seeking psychiatric help. The following assessment tools were applied: 1- The case history of psychiatry department, Cairo University (Kasr El Aini) to obtain demographic and clinical data. Psychiatric diagnoses followed the DSM-IV-TR criteria, 2- Beck Depression Inventory (BDI), 3- Beck Anxiety Inventory (BAI), 4- Coping Processes Scale. Psoriatic patients have higher rates of mood related psychiatric comorbidity than controls and use specific coping mechanisms. Their coping mechanisms were found to have more significant correlation with depression than with anxiety. Such findings can be considered for a better understanding and management of these patients.