

Perbedaan rerata kualitas hidup antara pasien psoriasis dengan psikopatologi dan pasien psoriasis tanpa psikopatologi di Poliklinik Ilmu Kesehatan Kulit dan Kelamin RSCM = The mean difference of quality of life between psoriatic patients with psychopathology and psoriatic patients without psychopathology at Dermatology and Venerology Clinic at Dr. Ciptomangunkusumo Hospital

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Abstrak

[ABSTRAK

Latar Belakang: Psoriasis adalah salah satu penyakit inflamasi kronis pada kulit yang dapat mengganggu penampilan. Pasien psoriasis seringkali komorbid dengan gangguan psikiatri seperti depresi, gangguan cemas, gejala psikotik, distimia dan gangguan tidur. Aspek psikiatri tersebut dapat memengaruhi kualitas hidup pasien psoriasis. Belum terdapat penelitian tentang perbedaan rerata kualitas hidup antara pasien psoriasis dengan psikopatologi dibandingkan dengan pasien psoriasis tanpa psikopatologi.

Metode: Penelitian potong lintang deskriptif-analitik pada 25 pasien psoriasis yang memiliki psikopatologi dan 25 pasien psoriasis yang tidak memiliki psikopatologi di Poliklinik Ilmu Kesehatan Kulit dan Kelamin RSCM Jakarta menggunakan Symptom Checklist 90 (SCL 90) dan instrumen World Health Organization Quality Of Life (WHOQOL)-BREF.

Hasil: Lima gejala psikiatri terbanyak yang dijumpai pada pasien psoriasis adalah sensitivitas interpersonal, obsesif kompulsif, gejala gangguan jiwa tambahan, gejala depresi dan ide paranoid. Terdapat perbedaan rerata kualitas kualitas hidup antara pasien psoriasis dengan psikopatologi dengan tanpa psikopatologi berdasarkan ranah kesehatan fisik ($p < 0,05$) dan ranah kesehatan psikologis ($p < 0,05$)

Simpulan: Pasien psoriasis dengan psikopatologi cenderung memiliki rerata kualitas hidup yang lebih rendah bila dibandingkan dengan pasien psoriasis tanpa psikopatologi pada ranah kesehatan fisik dan kesehatan psikologis. Pengenalan dini dan tata laksana gejala klinis psikiatri dapat memperbaiki kualitas hidup pasien.

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ABSTRACT

Background: Psoriasis has been known as one of chronic inflammatory skin disease which represent the leading causes of morbidity and bad performance. Psoriasis can have psychiatric comorbidity like depression, anxiety, psychotic symptom, distimia and sleep disorder. This psychiatric aspect can impact quality of life psoriasis patients. In this study, we evaluated the mean difference of quality of life psoriatic patients with psychiatric symptoms and without psychiatric symptoms.

Methods: Cross sectional study included 25 psoriatic pasients with psychiatric symptoms and 25 psoriatic patients without psychiatric symptoms. The patient in this study were subjected to quality of life assessment by World Health Organization Quality Of Life (WHOQOL)-BREF and psychiatric evaluation using Symptom Checklist 90 (SCL 90)

Result: the most frequent psychiatric symptoms experienced by psoriatic patients were interpersonal sensitivity, obsessive compulsive, additional psychiatric symptom, depression and paranoid ideation. There

is a difference quality of life in physical domain ($p < 0,05$) and psychological domain ($p < 0,05$) between psoriatic patients with psychiatric symptoms and without psychiatric symptoms.

Conclusion: psoriasis with psychiatric symptoms can have a profound impact on patient's quality of life especially in physical domain and psychological domain. Early detection and treatment of psychiatric symptoms can improve quality of life of psoriatic patients., Background: Psoriasis has been known as one of chronic inflammatory skin

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