**The comparison of life quality and level of stigmatization in patients with psoriasis treated with conventional and biological methods.**

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Doctoral Dissertation – abstract

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**Introduction:**

Psoriasis is an inflammatory skin disease with a chronic, recurrent course. The majority of patients require of long-standing treatment sometimes lasting a lifetime.

**Objective:**

The aim of this study was to evaluate life quality and the level of stigmatization in patients with psoriasis treated with topical, systemic conventional or biological methods. The prevalence and severity of depressive symptoms was also assessed.

**Material and Methods:**

116 patients treated because of psoriasis or psoriatic arthritis entered the study. The subjects were divided depending on the method of treatment into three groups: treated with: topical medicines- 44 individuals (37,9%), systemic conventional therapy- 37 individuals (31,9%) and biological agents- 35 individuals (30,2%).

In the study were used: Dermatology Life Quality Index (DLQI), 6-item Stigmatization Scale, Feelings of Stigmatization Questionnaire and Beck’s Depression Inventory and own questionnaire.

**Results and Conclusions**:

1. The level of life quality in patients with psoriasis is related to applied methods of treatment. The quality of life in patients treated with biological methods is nearly twofold better compared to the quality of life in patients treated with systemic-conventional therapy.

2. The statistical differences in the level of stigmatization in relation to methods of treatment  
 were not demonstrated.

3. The high prevalence of depressive symptoms of varying severity and a sense of sadness which positively correlated to the level of stigmatization indicates the need of psychological support or sometimes psychiatric treatment.