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## **IMPACT OF ACNE, PSORIASIS AND ATOPIC DERMATITIS IN THE QUALITY OF LIFE AMONG PATIENTS ATTENDING DERMATOLOGY CLINIC AT TEACHING HOSPITAL, BATTICALOA**

Nethma J.P.V<sup>1</sup>, Prabodya I.H.P<sup>1</sup>, Rajavarthani S<sup>2</sup>

<sup>1</sup> Undergraduate students, Faculty of Health-Care Sciences, Eastern University, Sri Lanka

<sup>2</sup> Department of Human Biology, Faculty of health care sciences, Eastern University, Sri Lanka

*vinu.neth@gmail.com*

**Background:** The diseases related to skin are often identified by visible skin lesions with physical disfigurement, pain, itching-like symptoms and signs and it affects the appearance of a person and negatively impact on the psychological status. The influence of skin disease on everyday activities and in psychosocial aspects together contribute to the impairment of the Dermatology quality of life. The purpose of this study is to describe the impact of acne, psoriasis and atopic dermatitis on dermatology quality of life.

**Methods & Materials:** A cross-sectional descriptive study was carried out at the dermatology clinic at THB among patients with psoriasis, atopic dermatitis and acne during the period of 1<sup>st</sup> of March 2022 to 30<sup>th</sup> of April 2022. A total of 100 participants were included in the study and data were collected using Dermatology Life Quality Index (DLQI), a self-administered, validated questionnaire to measure the dermatology quality of life of patients suffering from the skin diseases. Statistical package of social science 19 (SPSS V.19) was used to analyse data.

**Results:** 42% participants (n=42) had atopic dermatitis, 38% (n=38) had psoriasis and 20% (n=20) had acne. The mean score of DLQI for the total study population was 11.49, with a very large effect on dermatology quality of life in general. The mean DLQI score for acne was 12.10 and 27.5% had a “very large effect”, for psoriasis is 10.34 and the majority (52.6%) had a “moderate effect” and for atopic dermatitis was 12.24 and 38.1% had a “very large effect” on their dermatology quality of life. When considering the sociodemographic findings, 31% was between the age group of 18-30 years, the female gender was more prevalent (61%), the majority were married (72%), the highest number of participants were

Tamil (60%), and percentages of employed and unemployed participants were equal (44%) while 28% of participants were found to educated up to secondary education level.

**Discussion and Conclusion:** This study clearly shows that atopic dermatitis is more prevalent among the patients and has a very large effect on DLQI. Acne also has a very large effect on their quality of life while psoriasis has a moderate effect.

**Keywords:** *Dermatology Life Quality Index (DLQI), Acne, Psoriasis, Atopic Dermatitis, Sociodemographic*