ABSTRACT

Objective: The purpose of this study is to examine the point prevalence of depressive disorders, health-related quality of life (HRQoL) and their clinical correlates in a group of Hong Kong Chinese patients with psoriasis.

Method: This study adopted a cross-sectional design and the data was collected between 1 July 2007 and 30 January 2008. A total of 221 Chinese patients with psoriasis participated in the present study. All participants were interviewed by the author using the Chinese-Bilingual Structured Clinical Interview for the Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition Axis I, Patient Version (CB-SCID-I/P) to identify patients with diagnosis of major depressive episode, dysthymia, minor depressive disorder (depressive disorder NOS) and other psychiatric disorders according to the Diagnostic and Statistical Manual of Mental Disorder, Fourth Edition. The severity of depression was assessed by using Hamilton Depression Rating Scale (HAM-D), and self-rated Beck Depression Inventory (BDI). The severity of psoriasis was assessed by the dermatologists using Psoriasis Area and Severity Index (PASI). Psoriasis Disability Index (PDI) was adopted to measure the HRQoL of the subjects.

Results: The point prevalence of 'any kind of depressive disorder' (AD) was 26.4% (n=58). 18 patients (8.1%) were diagnosed to suffer from 'other psychiatric disorders' (OP). History of depression and severity of psoriasis (PASI score) were found to be the independent predictors of depression in patients with psoriasis. Regarding the

HRQoL, a statistically significant difference in the mean score of PDI was found between the AD (37.09(SD=18.06)) and 'no psychiatric diagnosis' (NP) (13.72(SD=15.42)) groups ($p<0.001$). Mean PDI score of the AD group was also found significantly higher than OP group ($p=0.007$). Severity of psoriasis (PASI) had correlations with HRQoL (PDI) ($r=0.525$, $p<0.001$) and it was found that severity of depression account for 71.4% of the total variance of HRQoL in the linear regression. Only 15.5% of depressed psoriatic patients were referred for psychiatric treatment.

Conclusion: This study showed that our sample of Chinese patients with psoriasis had similar point prevalence of depression compared to their Western counterparts. The clinical correlates found in this study were also comparable with the variables that have been found in other studies. Severity of Psoriasis (PASI) and past history of depression were found to be independent predictors of depression. The diagnosis and severity of depression was found to exert a significant effect on the HRQoL in patients with psoriasis. Depression in psoriatic patients was often unrecognized and untreated. Our results may have important clinical implications in local consultation liaison services.

Keywords: Psoriasis, depression, Chinese, prevalence, clinical correlates, quality of life