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Quality of Life Assessment Among Patients with Papulosquamous Disorders in Southern Nigeria

Évaluation de la Qualité de vie Chez les Patients Atteints de Troubles Papulosquameux dans le Sud du Nigeria

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ABSTRACT

BACKGROUND: Papulosquamous disorders (PSDs) are a broad group of relatively common dermatoses that run a chronic course; usually with unsatisfactory outcomes which impacts on the Quality of Life (QOL) of subjects. Few studies have attempted to quantify their burden on QOL in this environment. This study aims to assess the disease impact on QOL of affected subjects.

METHODS: This was a descriptive cross-sectional study conducted at the University of Benin Teaching Hospital, Benin City among two hundred subjects with PSDs. Consecutive patients with PSDs were recruited for this study after obtaining ethical approval. The Dermatology Life Quality index (DLQI) questionnaire was used to estimate the impact of these dermatoses on the QOL of subjects. Data was analysed using IBM SPSS version 21.

RESULT: PSDs affected all age groups with a mean age of 40.9 ± 16.4 years. Male: female ratio was 1: 1.30.

The mean DLQI score was 9.5 ± 5.9 . Pityriasis rubra pilaris subject recorded the highest burden with DLQI score of 14.0 ± 5.0 , followed by psoriasis; 11.7 ± 6.3 . Over half (57%) of participants had severe impact on their QOL; 34.0% had "extremely large" impact. QOL were similar among gender; but worse in extremes of age. The most commonly affected domains using the DLQI questionnaire were the "symptoms" and "feelings" domains; with 34% and 21% affected respectively.

CONCLUSION: Most subjects had severe impact on their QOL from these dermatoses; which mostly affected the symptoms and feelings of participants. Efforts to improve treatment outcome through interdisciplinary care alongside psychological assessment should be escalated.

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KEYWORDS: Quality of life, Papulosquamous dermatoses, Dermatology Life Quality Index Questionnaire (DLQI).

RÉSUMÉ

CONTEXTE: Les troubles papulosquameux (TPS) sont un vaste groupe de dermatoses relativement courantes qui évoluent de manière chronique, généralement avec des résultats insatisfaisants, ce qui impacte la qualité de vie (QDV) des sujets. Peu d'études ont tenté de quantifier leur fardeau sur la QDV dans cet environnement. Cette étude vise à évaluer l'impact de la maladie sur la QDV des sujets affectés.

MÉTHODES: Il s'agit d'une étude descriptive transversale menée à l'hôpital universitaire de Benin City auprès de deux cents sujets atteints de TPS. Des patients consécutifs présentant des TPS ont été recrutés pour cette étude après obtention de l'approbation éthique. Le questionnaire *Dermatology Life Quality Index* (DLQI) a été utilisé pour estimer l'impact de ces dermatoses sur la QDV des sujets. Les données ont été analysées à l'aide du logiciel IBM SPSS version 21.

RÉSULTATS: Les TPS affectaient tous les groupes d'âge avec un âge moyen de $40,9 \pm 16,4$ ans. Le ratio homme:femme était de 1:1,30. Le score moyen du DLQI était de $9,5 \pm 5,9$. Les sujets atteints de *Pityriasis rubra pilaris* ont enregistré le fardeau le plus élevé avec un score DLQI de $14,0 \pm 5,0$, suivis du psoriasis avec $11,7 \pm 6,3$. Plus de la moitié (57%) des participants ont eu un impact sévère sur leur QDV; 34,0% ont eu un impact "extrêmement important". La QDV était similaire entre les sexes, mais pire aux extrêmes de l'âge. Les domaines les plus fréquemment affectés selon le questionnaire DLQI étaient les domaines des "symptômes" et des "sentiments", avec respectivement 34% et 21% des sujets touchés.

CONCLUSION: La plupart des sujets ont eu un impact sévère sur leur QDV en raison de ces dermatoses, qui affectaient principalement leurs symptômes et leurs sentiments. Les efforts visant à améliorer les résultats des traitements grâce à une prise en charge interdisciplinaire associée à une évaluation psychologique devraient être intensifiés.

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MOTS CLÉS: Qualité de vie, Dermatoses papulosquameuses, Questionnaire *Dermatology Life Quality Index* (DLQI).

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ABBREVIATIONS - DLQI: Dermatology life quality index; **PSD:** Papulosquamous disorders; **QOL:** Quality of life; **UBTH:** University of Benin Teaching Hospital