

Prevalence of mental health disorders among typical dermatological conditions

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Introduction

- 1 in 4 Americans were impacted by skin disease in 2013 (1). In over a third of dermatology cases, successful treatment requires consideration of psychological factors (2).
- The mental health impacts of dermatological conditions such as psoriasis are under-recognized by clinicians (3).

Objective

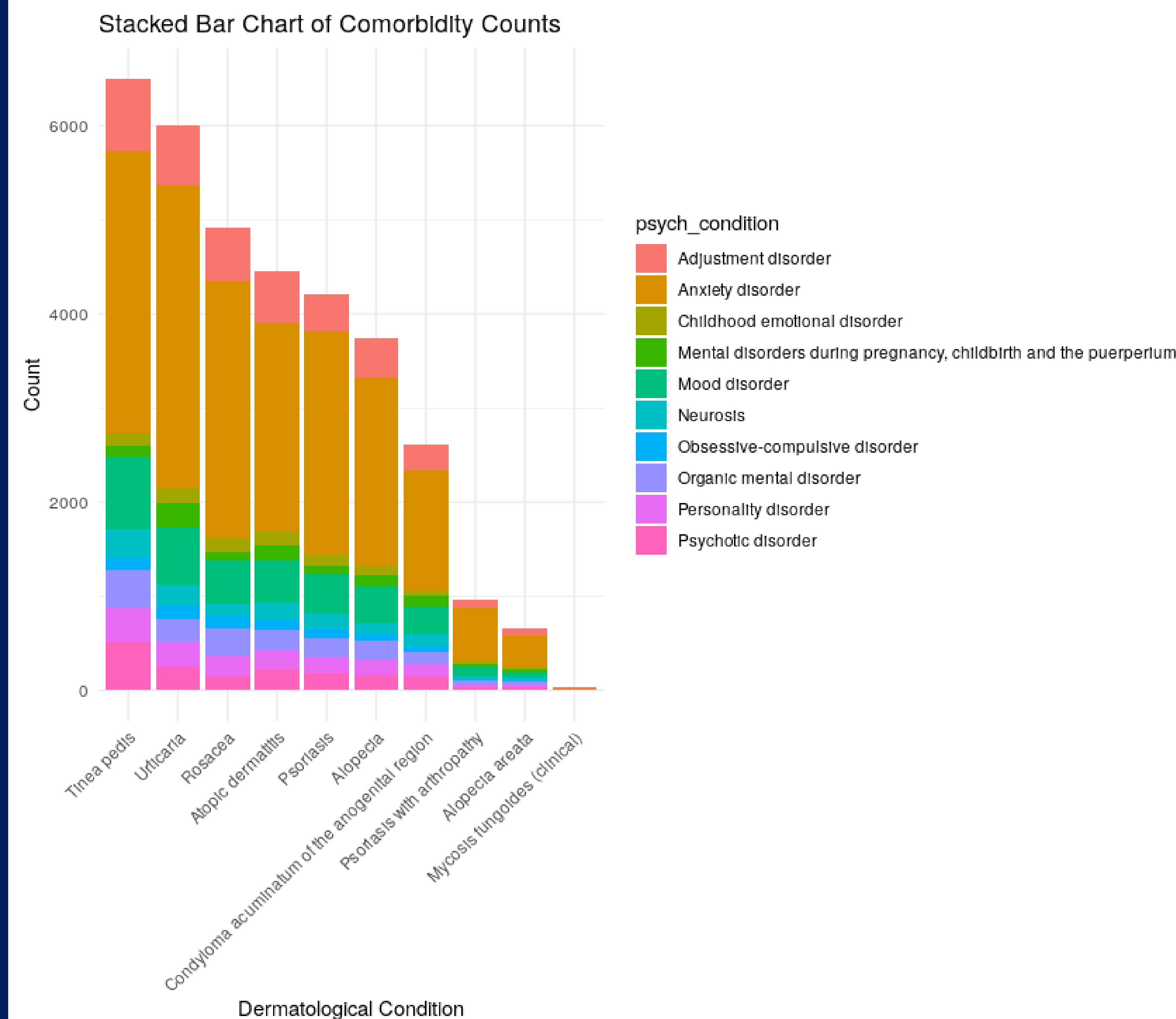
To investigate the prevalence of psychiatric conditions in common dermatological conditions and raise awareness of the psychoemotional impacts of skin disorders.

Methods

- Analysis of the prevalence of psychiatric dermatological conditions among the top 10 common conditions using the AllOfUs database.
- Psychiatric SNOMED CT codes were identified by all diagnoses that were listed as children to "Mental Disorder: SNOMED code 74732009".
- 11,431,201 conditions were evaluated against our criteria. Initial cohort consisted of 413,457 people

Results

- The ten most common skin ailments in the United States include acne, atopic dermatitis, alopecia, psoriasis, rosacea, skin cancer, urticaria, warts, herpes labialis, and tinea pedis (4).
- The ten most common psychiatric diagnoses in patients with these skin conditions (in order of prevalence) include anxiety disorder, organic mental disorder, psychotic disorder, childhood emotional disorder, mental disorders of pregnancy and neurosis.



- Interestingly, tinea pedis had the highest number of psychiatric comorbidities, with 7172 incidents, greatest incidents being from mood disorders. Analysis also showed that urticaria had the second highest incidence of any psychiatric diagnosis, with 3,209 incidents being from anxiety disorder.

Conclusions

- A more in-depth understanding of biopsychosocial methods can be valuable in providing optimal mental health care for patients with dermatological conditions.

References

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