

Satisfaction with treatment and quality of life in patients with psoriasis may not be directly associated. Preliminary study

La satisfacción con el tratamiento y la calidad de vida en pacientes con psoriasis pueden no estar directamente asociados. Estudio preliminar

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In Mexico, a prevalence of psoriasis of 2.9% has recently been estimated¹. This is a complex chronic disease due to its rich clinical presentation, the variety of therapeutic options and also due to the high degree of dissatisfaction of patients with treatment². The purpose of this preliminary work was to evaluate the relationship between quality of life and satisfaction with treatment in patients with psoriasis in a primary care unit. It was a cross-sectional study in which 41 patients participated. All patients who met the following criteria were eligible: older than 18 years of both sexes with a confirmed diagnosis of plaque psoriasis by a dermatologist up to 1 September 2017 in a Family Medicine Unit of the Mexican Institute of Social Security, without comorbidity, except diabetes *mellitus* controlled and controlled hypertension in the last 6 months according to the clinical practice guidelines for these diseases issued by the Ministry of Health of Mexico. All patients who agreed to participate in the study signed the informed consent. The severity of psoriasis was determined with the *Psoriasis Area and Severity Index* (PASI). To assess the quality of life related to the disease, the *Psoriasis Disability Index* (POI)³ was used and to estimate the satisfaction of the patients with the treatment, the *Spanish Questionnaire on Treatment Satisfaction in Patients with Psoriasis* (CESTEP)⁴ was used.

43.9% of the study patients were women and 56.1% were men, with a mean age of 48.49 ± 13.92 years. The body mass index was 28.32 ± 4.28 . The disease evolution time was 11.07 ± 7.83 years. According to the PASI, 65.4% of the patients had mild psoriasis and 34.6% moderate. Among them, 14.6% suffered an outbreak in the last month.

It is noteworthy that 87.8% of the patients were satisfied with their treatment and that 80.5% reported having a good quality of life, but no association was found between these variables ($\chi^2 = 1.380$; $p = 0.051$) (Table 1). No relationship was found between therapeutic adherence and satisfaction with treatment ($p = 0.061$), since some patients were satisfied with the treatment despite not showing total adherence to it, and they modified the times and intervals of medication application; it is necessary to study the reasons that motivated these behaviors.

Despite the existence of a vast therapeutic arsenal to treat patients with psoriasis, it has been established that more than 70% of them are not satisfied with their treatment and that the disagreement between the opinion of the doctor and that of the patient regarding to the perception of severity of the disease². According to other authors, there is often no clear association between the impact of the disease, the perception of well-being, and the severity of psoriasis estimated with the PASI⁵.

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Table 1. Quality of life and satisfaction with treatment in patients with psoriasis

Quality of life (PDI)	Degree of satisfaction (CESTEP)	
	Satisfied (%)	Not satisfied (%)
Good quality of life	28 (68.30)	5 (12.2)
Regular quality of life	6 (14.6)	0
Poor quality of life	2 (4.9)	0
Total	36 (87.8)	5 (12.2)

CESTEP: Spanish Questionnaire of Satisfaction with the Treatment of Patients with Psoriasis; PDI: Psoriasis disability index.
 χ^2 : 1,380; degree of freedom: 2; $p = 0.051$.

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Conflicts of interest

The authors declare that they have no conflicts of interest.

Ethical disclosures

Protection of people and animals. The authors declare that no experiments were carried out on humans or animals for this research.

Data confidentiality. The authors declare that they have followed the protocols of their work center regarding the publication of patient data.

Right to privacy and informed consent. The authors have obtained the informed consent of the patients and/or subjects referred to in the article. This document is in the possession of the corresponding author.

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