

Psoriatic arthritis worsens quality of life in patients with psoriasis

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(HealthDay)—People with psoriasis/psoriatic arthritis (PsA) have a

decreased ability to participate in social roles and activities and more depressive symptoms than those with psoriasis alone, according to a research letter published online July 21 in the *British Journal of Dermatology*.

George C. Gondo, from the National Psoriasis Foundation in Portland, Oregon, and colleagues surveyed 1,570 individuals with psoriatic disease to examine the impact of PsA. A total of 758 individuals with [psoriasis](#) and PsA were compared to 736 individuals with psoriasis alone.

The researchers found that 29.3 percent of the respondents reported some limitation in their ability to participate in [social roles](#) and activities, 23.4 percent experienced depression in the previous two weeks, and 40.6 percent reported a moderate to very large effect of their skin disease on quality of life (QoL), after adjustment for age and skin disease severity. Individuals with psoriasis/PsA had worse outcomes compared with those with psoriasis alone, when controlling for skin disease severity, age, and number of comorbidities other than depression. A decreased ability to participate in social roles and activities and more depression symptoms were reported by those with psoriasis/PsA. There were no significant differences noted in dermatologic-specific QoL for those with psoriasis/PsA versus psoriasis alone. Worse dermatologic-specific QoL was seen in association with higher skin disease severity.

"These results add to evidence demonstrating the impact of PsA compared with psoriasis alone on [mental health](#), functional ability, and QoL, underscoring the need to screen people with psoriasis for PsA and depression," the authors write.

Two authors disclosed financial ties to the pharmaceutical industry.

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