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**CORRELATION BETWEEN STRESS AND DERMATOLOGY LIFE
QUALITY INDEX IN PSORIASIS VULGARIS PATIENTS**

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Abstract

Psoriasis vulgaris is a chronic inflammatory disease of the skin comprising chronic relapse. This condition has frequently caused discomfort, social stigma, psychological disorders such as depression, anxiety, and stress affecting psoriasis vulgaris patients' quality of life. This cross-sectional study aimed to identify relationship between stress and quality of life in psoriasis vulgaris patients. Study sample included 42 psoriasis vulgaris patients ranging from 16 to 65 years old during October-December 2017 period, fulfilling inclusion and exclusion criteria. Stress was measured using Depression, Anxiety and Stress Scale-21 items (DASS-21) scoring system, while quality of life was measured using Dermatology Life Quality Index (DLQI) scoring system. Data was analyzed using SPSS 20 with Spearman's Rho correlation test. The result showed most of psoriasis vulgaris patients were male (69.05%), Balinese ethnic group (83.33%), senior high school graduate (47.62%) and private sector employee (52.38%). Mean age of psoriasis patients was 45.93 ± 11.07 years old with first onset ranging from 1 to 30 years and mean onset was 8.26 ± 7.6 years. Stress measurement using DASS-21 found stress range between 0-42 and mean range was 10.81 ± 10.00 . Quality of life measurement using DLQI found score range between 0-23 and mean range was 10.74 ± 6.44 . This study found stress as risk factor of increased DLQI in psoriasis patients (PR 6.80, CI 95%; 0.96-48.33; $p < 0.05$) and increased stress score had positive correlation with DLQI ($r = 0.53$; $p < 0.05$). According to quality of life variable measurement, stress was found to have positive correlation with symptoms and feelings ($r = 0.41$; $p < 0.05$) and daily activities ($r = 0.38$; $p < 0.05$).

Keywords: stress, DASS-21, DLQI, psoriasis vulgaris, cross-sectional study

