**ORIGINAL ARTICLE**

DEPRESSION IN PATIENTS WITH PEMPHIGUS VULGARIS

# ZOOBIA RAMAZAN', MOTi RAM BHATIA', SAIRA FARHAN', ANEEL KUMAR', RAZA-UR-RAHMAN'

'Assistant Professor, Department of Psychiatry, Dr. A. Q. Khan Centre, JBS

Dow International Medical college & Dow University of Health Sciences, Karachi, Pakistan

'Assistant Professor, Department of Psychiatry, Peoples Medical University of Health Sciences, Nawabshah, Pakistan 'Assistant Professor, Department of Psychiatry, Majmaah University, Kingdom of Saudia Arabia

'Assistant Professor, Department of Psychiatry, Jinnah Medical and Dental College, Karachi, Pakistan

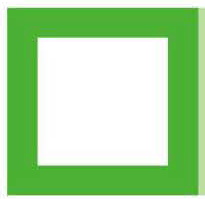
'Professor and HOD, Department of Psychiatry, Dow University of Health Sciences, Karachi, Pakistan

Submitted: December 12, 2017

Accepted: August 07, 2018

**CORRESPONDENCE: DR. ZOOBIA RAMZAN,** E-mail: [drzoobiaramzan@yahoo.com](mailto:drzoobiaramzan@yahoo.com)

# ABSTRACT OBJECTIVE



To determine the severity of depression in patients withpemphigusvulgaris.

# STUDY DESIGN

Crosssectionalstudy

# PLACE AND DURATION OF THE STUDY

The study was conducted at the Department of Dermatology, Civil Hospital, Dow University of Health Sciences, Karachi.

# SUBJECTS AND METHODS

A total of 290 patients following the inclusion and exclusion criteria and after informed consent were recruited. The ethical approval of the study was obtained by the Civil hospital Karachi and DUHS Karachi. All the selected patients were then interviewed by the principal investigator for the diagnosis of depression according to criteria of ICD-10 classification and severity of depression was measured through Hamilton Depression scale. The age, gender and duration of pemphigus vulgaris was documented. The data wasentered &analyzed in SPSS version 20.

# RESULTS

There were 187 males and 103 female patients. The study results found a very high prevalence of depression 99.3% in the sample. 0.3% patients had mild depression, 41.7% had moderate depression and 58%had severedepression.

# CONCLUSION

Patientswith Pemphigus vulgarisexhibited significant depression and further studies should be conducted for further evaluation of depression along the clinical courseof the disease.

# KEYWORDS

Psychosocial Health, Dermatological disorder, Autoimmuneskin disease

# INTRODUCTION

Majority of people with depression had no awareness that they are suffering from treatable psychiatric illnessand therefore do not seek proper consultation and treatment. Due to misconception, persistent ignorance and denial of the illness by the general public, which also includes many health care providers, the issue remain same and suffered people cannot be helped by mental health professionals.

Pemphigus vulgarisisan autoimmune potentially life threatening rare disorder of skin which ischaracterized by presence of antibodies to epidermal adhesion molecules. These patients suffer from painful chronic erosions which involves mucous membranes and skin. Only a few researchers have underlined the mental healthstatusof patientssuffering from pemphigus vulgaris'.

There are two major subtypesof thisdisease.Theseinclude Pemphigusvulgaris and Pemphigus foliaceus.These subtypes are classified on the basis of depth of cleavage plane in the epidermis.There are a few studies reporting the influence of disease on the physical and psychological well being of the patients. All of thesestudiesreportnegative influence on patient'smentalhealth'·'.

Pemphigus vulgaris is more common than pemphigus foliceus. It has been estimated that pemphigusvulgarisis 9.5 timesmore common than pemphigus foliaceus. It is more common in middle aged females. Some patients with *PV* need high doses of steroidsto resolve thesymptomsandprevent relapse'.

It has been estimated that a wide variety of skin disorders are associated with presence of psychiatric disturbances leading to impaired quality of life. Care of patients' psychological well being along with management of skin disorder can ultimatelty improve the quality of life'.

Thedata on the mentalhealthof patientswith pemphigusvulgarisis scarce.Few available literature shows positive relationship of depression and pemphigus vulgaris. The correct estimation of the burden is essential in order to plan preventive and management strategies in these patientswho are vulnerable to depression. Our study isexpected to generate a valuable epidemiological data in thisregard.

# SUBJECTS AND METHODS

**Participants**

Total 290 patientswith pemphigus vulgaris werepurposefully selected from the

Jouynal of Pahshn Psych·atric Soci-':y

department of dermatology Civil hospital Karachi, their age ranged from 30 to 60years.

### Instruments

Patients were interviewed for the diagnosis of depression on the basis of ICD-10 and for severity of depression Hamilton rating scale for depression was used.Scoring was done according to the standard procedure of scale.

### Procedure

Study was approved from the ethicalcommittee ofDow University of Health Sciences. The Written and informed consent was also taken from each participant and the department of Dermatology Civil hospital Karachi. Matter of confidentiality, ethical consideration and objective of the study were guided to all the patients with pemphigus vulgaris. After collecting the data patients were appreciated for their voluntarily participation. In order to examine the study data SPSS v.20 was used. Descriptive statistics was used for evaluating frequency and severity of depression.

## RESULTS

A total of 290 patients diagnosed with the pemphigusvulgaris were included in this study. There were 187 (64.5%) male and 103 (35.5%) females.The frequency of depression in the patients with Pemphigus vulgaris was about 288 (99.3%). 168 (57.9%) patients were severely depressed as per score on Hamilton Depression rating scale; while

121 (41.7%) were moderately depressed moderate in 121patients (see table 1).

Table I

**Severity of Depression in patients with Pemphigus vulgaris on HAMD (N=290)**

|  |  |
| --- | --- |
| **HAMD Score** | **n(%)** |
| Mild (8-17) | 1(0.3) |
| Moderate (18-25) | 121 (41.7) |
| Severe (>26) | 168 (57.9) |

**Note. *\*p<* .01, AMs=Autobiographical Memories**

## DISCUSSION

The study results found a very high prevalence of depression 99.3% and majority were of severe despression. In 2006, a study was conducted with an objective to asses the impact on mental health status of patients with pemphigus vulgaris. The results concluded that compromised physical and psychosocial health was found. These results were in concordance to other studiesdetermining the mental health of patients suffering from skin disturbances. The management of skin disordersmust focus on the psychsocial aspect of the disease'. Studies conducted have shown strong relationship among disease status and mentalhealth.139 patientssuffering from pemphigusvulgariswere enrolled.Results showed strong impact on theirmental health during the course of disease'·'.

Depression may often come as a complication or a result of primary

impact on the patient'sself.' A research conducted in Iran, indicated that annual incidence rate of depression in patients with Pemphigus vulgaris was found as 78.6%.' According to Indian research patients with PVwere found to beat high riskof depression.'

Similar study conducted in Europe indicated that depression in patients with PV increasing yearly at high level.' The result of above studies have similar findingsin regard to our study about depression in patientswith PV.

During sixyear periodof study in the Mediterranean regionofTurkey, 148 patientswere diagnosed with Pemphigusvulgaris.This accounts for a prevalence of 1.46/100,000 individualsand an annualincidence of 0.24/100,000 individuals. The male to female ratio of 1:1.4 was found. Pemphigus vulgaris (PV) was the most common clinical subtype, identified in 123 patients(83%).The mean age of onset was

43.The findings of the study were in contrast to our findingsthat our sample of 290 diagnosed patients contain a well-marked male predominance.'

However it was not explored whether improvements of symptoms vary bygender. Physiciansshould be awarethat psychologicalhealth should be paid attention along with the clinicalcourse of the disease for achieving better outcomes because with improvement in mental health,the clinicalseverity of the disease will also be improved.

## LIMITATIONS

The limitations of this study includes non probability convenience sampling and availability of limited sample. Evaluation of patients over a long time can better guide regarding the clinical outcome of these patients.

## CONCLUSION

We can conclude that patients suffering from Pemphigus vulgaris have high prevalence of underlying depression.It highlights the fact that dermatologists, who are dealing with these patients are in a unique position to prevent rapid increase of depression in these patientswith a multidisciplinary approach and timely referrals.

## REFERENCES

1. Tabolli S, Mozzetta A, Antinone*V,* Alfani S, Cianchini G, Abeni D. The health impact of pemphigus vulgaris and pemphigus foliaceus assessed using the Medical OutcomesStudy 36 - item short form health survey questionnaire. British Journal of Dermatology.2008May;l 58(5):1029-34.
2. Paradisi A, Sampogna F, Di Pietro C, Cianchini G, Didona B, Ferri R, Abeni D,Tabolli S. Quality-of-life assessment in patients with pemphigus using a minimum set of evaluation tools.Journal of the American Academy of Dermatology. 2009 Feb 1; 60(2):261- 9.
3. Mayrshofer F, Hertl M, Sinkgraven R, Sticherling M, Pfeiffer C, ZillikensD, Messer G,Rzany BF. Significant decrease in quality of life in patients with pemphigus vulgaris. Results from the German Bullous Skin Disease (BSD) Study Group. Journal der Deutschen Dermatologischen Gesellschaft= Journal of the

skin illness. As the deformity and disfigurement is worse in Pemphigusvulgarisand it isdifficult to treat disorder that hasa great

German SocietyofDermatology:JDDG. 2005Jun;3(6):431-5.

1. Uzun S, Durdu M, Akman A,Gunasti S, Uslular C, Memisoglu HR,



Journal of Pakistari pcychi"ltric Society

Alpsoy E. Pemphigus in the Mediterranean region of Turkey: a study of 148 cases. International journal of dermatology. 2006

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Sr.#** | **Author Name** | **Affiliationof Author** | **Contribution** | **Signature** |
| **1** | **Zoobia Ramazan** | **Assistant Professor of** Psychiatry at DIMC-DUHS **Karachi** | **Conception, Data collection, Data entry, dataanalysis, literature search, manuscripwt riting** | t' |
| **2** | **Moli RamBhatia** | Head of Psychiatry  Department,PMUHS, Nawabshah | Help inData collection  & Data entry |  |
| **3** | **Saira Farhan** | Assistant Professor of Psychiatry Department, Majmaah University, Kingdom of Saudia Arabia | Help inliterature **search & manuscript writing** |  |
| **4** | **Aneel Kumar** | **Assistant Professor and** Head of Department Psychiatry at JMDC, **Karachi** | **Peer Review** | *t'j\_* |
| **5** | **Raza.ur-Rahman** | **Chairmanand Head of** Dept. of Psychiatry at DMC/CHK, DUHS. Karachi | **Supervisedand**  **revised manuscripwt riting** |  |

May;45(5):523-8.

1. Sampogna F, Picardi A,Chren MM, Melchi CF, Pasquini P, Masini C, Abeni D. Association between poorer quality of life and psychiatric morbidity in patients with different dermatological conditions.Psychosomatic medicine.2004Jul;66(4):620-4.
2. Johnson FY, Mostaghimi H. Co - morbidity between dermatologic diseases and psychiatric disorders in Papua New Guinea. International journal of dermatology. 1995 Apr; 34(4):244-8.
3. Arbabi M,Ghodsi Z,Mahdanian A,Noormohammadi N,Shalileh K, Darvish F, Ashrafinia N, (hams C. Mental health in patients with pemphigus:an issue to worth consideration.Indian journal ofdermatology.2011Sep;56(5):541.
4. Aktan $, *bzmen* E, $anli B. Psychiatric disorders in patients

attending a dermatology outpatient clinic. Dermatology.

1998;197(3):230-4.

1. Susan P, Epidemiological aspects of psychiatric disorder in Pemphigus disorders. Journal of Dermatology. 2012; 17: 495- 505.