

Treatment compliance, dermatology quality of life, and other factors associated with compliance among psoriasis patients attending the Dermatology Clinic at Teaching Hospital Jaffna

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Background and objective: Psoriasis is a skin disease requiring long-term treatment. An increase in the diagnosis of psoriasis has been observed at the Dermatology Clinic of the Teaching Hospital Jaffna over the past few years. This study aims to assess treatment compliance, Dermatology Quality of Life, and other factors associated with compliance, among patients with psoriasis attending the Dermatology Clinic, Teaching Hospital Jaffna.

Methods: A descriptive cross-sectional institution-based study was carried out among all patients with psoriasis attending the Dermatology Clinic, Teaching Hospital Jaffna. Data were collected using an interviewer-administered questionnaire, and analyzed with chi-square test, Fisher's test, t test and Pearson correlation.

Results: In total, 182 psoriasis patients participated in the study. Among them, 115 (63.2%) were males and 67 (36.8%) females. Over three-fourths (77.5%) of patients reported good compliance to treatment. Psoriasis had a moderate to extreme effect on quality of life among 75.3% patients. There was a significant association between treatment compliance and sex, where males were more likely to have poor compliance ($p=0.009$). Treatment compliance was not significantly associated with age ($p=0.840$), educational qualifications ($p=0.065$), or family income ($p=0.243$). A negative correlation was observed between treatment compliance and the Dermatology Life Quality Index ($r=-0.29$, $p=0.001$).

Conclusion: Among patients with psoriasis, females are more likely to be compliant to treatment than males. There is no significant association between treatment compliance and age, educational qualifications, or family income. As treatment compliance increases, the Dermatology Life Quality Index decreases, translating to an increase in dermatological quality of life of patients with psoriasis.

Keywords: Psoriasis, Dermatology Life Quality Index, Compliance