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Psychosocial well-being and quality of life (QoL) in rosacea: a systematic literature review

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Abstract for the British Association of Dermatologists Annual Meeting 7-9th July Manchester, psychodermatology (special interest group) poster presentation

Skin conditions can cause discomfort and pain and they can also adversely affect psychological and social well-being. Rosacea is a chronic skin condition affecting the face. The aim of this study was to systematically review the evidence about psychosocial impacts, quality of life (QoL) and factors influencing QoL in people with rosacea.

The Web of Knowledge and Ovid databases were searched from January 1980 to January 2015 to identify relevant studies. Studies were eligible for the review if they meet the following criteria: (a) QoL and other psychosocial impact were assessed in adults with rosacea at one or more time points, (b) studies were original research published in English language.

Of the 157 initial articles 19 met the inclusion criteria, all of which used quantitative methodology. Seventeen studies assess QoL, using dermatology specific measure DLQI (10), rosacea specific measures RosaQoL (6), or questionnaire measuring ocular symptoms: OSDJ (1). Of these, 11 studies longitudinally investigate change in QoL in response to treatment. Two studies measured anxiety and depression and one study measured willingness to pay. Three studies compared impacts of rosacea with impacts of other skin conditions. Equally, three studies investigated factors influencing well-being in rosacea.

Overall, the negative impact of rosacea on QoL was found to be mild to moderate. Additionally, rosacea appeared to be associated with general and social anxiety and with depressive symptoms. Subjective perception of the condition, objective severity, being a woman and younger age were associated with more impacts. The magnitude of impacts of rosacea appeared to be less severe than some other skin conditions such as psoriasis and vitiligo. Treatment and psychological interventions appeared to improve QoL.

The available evidence suggests that rosacea can have a significant negative impact on people's lives including physical, psychological and social functioning which is linked to demographic factors, severity of the symptoms and objective perceptions. Studies further exploring factors influencing well-being in people with rosacea and studies investigating experiences of people with rosacea more-in-depth through qualitative approach could improve the understating of the impacts of this condition. Additionally, the benefits of psychological interventions for rosacea should be explored.

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