

# Emotional factors in skin diseases: know more about Psychodermatology

IT IS ESTIMATED THAT ABOUT 30% OF THE SKIN DISORDERS CASES HAVE AN EMOTIONAL BACKGROUND. THEREFORE, PSYCHODERMATOLOGY, WHICH STUDIES THE RELATIONSHIP BETWEEN THE SKIN AND THE NERVOUS SYSTEM, HAS GAINED MORE AND MORE PROMINENCE.

## See what experts already know about this association:



The skin and brain derive from the same ectoderm (embryonic leaflet) and are affected by the same hormones and neurotransmitters.



Anxiety, depression, and low self-esteem can worsen problems like acne, vitiligo, psoriasis, atopic dermatitis, rosacea, and herpes.



The relationship between psychological and skin problems is often cyclical, since psychological factors can worsen skin symptoms and, in turn, the psychosocial effect can increase stress.

## The link between psychological disorders and skin diseases:

1) Psychophysiological disorders - when skin diseases arise or are aggravated by psychological stress.

Examples: dermatitis, psoriasis, acne.

2) Psychiatric disorders with dermatological symptoms - the skin problem is self-inflicted in these cases, that is, caused by the very patient as a consequence of his psychological disorder.

Examples: Dermatitis artefacta, trichotillomania, abrasions.

3) Dermatological disorders with psychiatric symptoms - when there's emotional distress because of the skin diseases. Examples: vitiligo, Alopecia areata.



## Prevention and Treatment:

Stress management and adopting a balanced and healthy lifestyle usually get good results when controlling skin problems associated with mental health.

However, multidisciplinary help (with the support of psychotherapy and dermatology) is often recommended for best results in treating the conditions listed here.

If you feel that your skin is no longer the same, seek professional help and follow the doctor's orders.