

SLEEP QUALITY IN PATIENTS WITH PSORIASIS DURING WAR TIME: IMPACT OF SOCIAL CONDITIONS AND PSYCHOPATHOLOGICAL COMPONENT

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Heading	ORIGINAL RESEARCHES
Type of article	Scientific Article
Annotation	<p>Objective: To conduct a comprehensive assessment of sleep quality in patients with psoriasis and individuals without skin lesions, taking into account social conditions and the potential modulatory role of psycho-emotional stress in the formation of pathological interrelations</p> <p>Materials and methods. This study was conducted at the Department of Dermatovenereology and Aesthetic Medicine of Zaporizhzhia State Medical and Pharmaceutical University. The main group included 60 adult patients with a clinically verified diagnosis of psoriasis, while the comparison group consisted of 30 practically healthy volunteers. To achieve the study objectives, a clinical and psychodiagnostic approach was applied (Hamilton Depression Scale and Hamilton Anxiety Scale) along with a questionnaire-based assessment, including the standardized Dermatology Life Quality Index, pruritus intensity using the Visual Analog Scale, and evaluation of sleep quality using the Pittsburgh Sleep Quality Index.</p> <p>Results. The main cohort was predominantly represented by men – 39 individuals (65%) with a mean age of 46.7 ± 1.2 years, while women accounted for 21 individuals (35%) with a mean age of 49.8 ± 1.9 years. The mean pruritus intensity during the last 24 hours among patients in the main group was 4.8 ± 0.46, with the most severe manifestation reaching 5.2 ± 0.52. The median PSQI score for the main group was 9 (6–11), whereas in the comparison group it was 6 (4.25–7.25). According to the HAM-A and HAM-D scales, anxiety and depression levels in the main group were 18 (12–21.5) and 9 (6.75–11), respectively. In contrast, among the conditionally healthy individuals, the total HAM-A score was 19 (12–21), and the HAM-D score was 2.5 (1–3.75).</p> <p>Conclusions. Thus, in contemporary medical practice, it is necessary to consider sleep disturbances not only in patients with dermatological diseases, where dermatosis progression and changes in circadian rhythm are mutually modulatory, but also among the general population exposed to the effects of war and chronic stress. This consideration is essential for the development of comprehensive therapeutic and preventive strategies aimed at improving quality of life and reducing the risk of complications.</p>
Tags	<i>psoriasis, sleep disorders, quality of life, pruritus, anxiety, stress, crisis conditions</i>
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Publication of the article	«DERMATOLOGY AND VENEREOLOGY» №1(111), 2026 year, 27-33 pages,
DOI	DOI: 10.33743/2308-1066-2026-1-27-33