

COMPARISON OF TRAUMATIC STRESS, ANXIETY, DEPRESSION, AND SLEEP QUALITY IN PSORIASIS PATIENTS AFFECTED BY EARTHQUAKE WITH HEALTHY CONTROL GROUP AFFECTED BY EARTHQUAKE

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BACKGROUND AND AIM: Based on the fact that traumatic events such as earthquakes do not affect everyone in the same way, the main research question of our study was whether individuals with psychosomatic diseases like psoriasis are affected by earthquakes in the same way as those without such diseases. In our study, we aimed to compare the level of impact of the February 6, 2023 earthquakes on psoriasis patients with that of a healthy control group affected by the earthquake.

METHODS: Ethical approval for the research was obtained from the Adiyaman University Non- Interventional Clinical Research Ethics Committee (Decision number: 19/03/2024, date: 2024/3-3). This cross-sectional and comparative study was conducted through face-to-face interviews with psoriasis patients affected by the February 6, 2023, earthquakes and healthy individuals affected by the earthquake, who visited the dermatology outpatient clinic of a tertiary hospital located in Adiyaman, one of the provinces affected by the earthquake, between April and August 2024. Data for the study were collected using Sociodemographic questions, the PTSD Checklist for DSM-5, the Pittsburgh Sleep Quality

Index, the Beck Depression Inventory (BDI), and the Beck Anxiety Inventory (BAI).

RESULTS: It was found that the education and employment status of psoriasis patients were significantly lower than the control group ($p < 0.001$, $p < 0.001$, respectively). A statistically significant negative correlation was found between age and depression, anxiety, sleep quality in psoriasis patients ($r: -0.285$; $p: 0.008$, $r: -0.302$; $p = 0.005$, $r: -0.307$; $p = 0.004$, respectively).

CONCLUSIONS: It was concluded that there was no significant difference in the severity levels of depression, anxiety, PTSD, and sleep disorders between psoriasis patients and healthy controls. It was found that as age increased in psoriasis patients, the severity of depression, anxiety, insomnia, and PTSD symptoms decreased. Early diagnosis of mental disorders through collaboration with psychiatric clinics in individuals with psychodermatological diseases like psoriasis, affected by the earthquake, may positively impact the success of treatment.

Keywords: Earthquake, psoriasis, post-traumatic stress disorder