

Quality of life in chronic urticaria – analysis of patients from the Department of Dermatology, Poznan University of Medical Sciences.

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Introduction

Chronic urticaria particularly affects patient's quality of life. The course and exacerbation of this disease is strongly influenced by emotional factors, resulted from the influence of the disease on the external appearance, as well as the unpredictability of the symptoms occurrence.

Aim

To evaluate the quality of life in patients with chronic urticaria, hospitalized in the Department of Dermatology, Poznan University of Medical Sciences.

Material and methods

The analysis included 78 patients at the age of 15 or older, suffering from chronic, aspirin-induced, spontaneous, autoimmune and induced urticaria. The quality of life (QoL) was determined on the basis of two quality of life questionnaires: CUQ2oL and DLQI, as well as the UAS7 seven-day symptom activity questionnaire.

Results

The mean CU-Q2oL result was 28.79 ±25.36, DLQI – 5.54 ±7.42 and UAS7 – 10.65±12.71. The quality of life did not differ significantly between men and women, while a significant difference was found between the age groups 20–34 years and 35–54 years (14.75 ±18.46 vs. 42.52 ±25.34 for CU-Q2oL; 2.21 ±5.49 vs. 9.06 ±8.85 for DLQI), as well as between working and non-working people (14.13±7.84 vs. 57.06 ±29.36 for CU-Q2oL; 4.42 ±6.61 vs. 13.5 ±1.9 for DLQI). In individual age groups, a significantly greater impact of I Pruritus, II Oedema/mental

state, III Functioning, IV Sleep and VI Embarrassment was observed in the group 35–54 years than in 20–34 years, and also a significantly greater impact of II Oedema/mental state in the group 35–54 years than in patients > 55 years. Working people had a significantly higher quality of life in relation to I Pruritus and III Functioning than non-working.

Conclusions

The presented results proved that it is essential to treat patients holistically and take into account their mental health and other emotional aspects of their lives.

The authors declare no conflict of interest.