

## Obraz własnego ciała oraz objawy depresyjne u osób chorych na łuszczycę

### Body image and depressive symptoms in person suffering from psoriasis

Monika Rosińska<sup>1</sup>, Teresa Rzepa<sup>1</sup>, Beata Szramka-Pawlak<sup>1</sup>,  
Ryszard Żaba<sup>2</sup>

<sup>1</sup> SWPS Uniwersytet Humanistyczno-Społeczny, Wydział Zamiejscowy w Poznaniu

<sup>2</sup> Zakład Dermatologii i Wenerologii, Uniwersytet Medyczny  
w Poznaniu im. K. Marcinkowskiego,

#### Summary

**Aim.** The purpose of the research study was specifying the relationship between severity of psoriasis and body image and self-reported depressive symptoms, taking into account the differences between the sexes.

**Methods.** The research study involved 54 psoriasis patients, including 30 men and 24 women aged from 19 to 82. The level of depressive symptoms was assessed using the Beck Depression Inventory, and body image – using the Multidimensional Body-Self Relations Questionnaire. The disease severity was objectively assessed using the Psoriasis Area and Severity Index.

**Results.** The female psoriasis patients were more critical of their appearance than the men ( $p < 0.01$ ), and at the same time they were more appearance-oriented ( $p < 0.05$ ). The men rated their fitness level ( $p < 0.01$ ) and care for good physical condition ( $p < 0.01$ ) higher than the women. The women showed less satisfaction with their body parts than the men ( $p < 0.01$ ) and more fear of obesity ( $p < 0.05$ ) and overweight ( $p < 0.05$ ). No statistically significant differences were found between men and women with regard to general evaluation of body image and self-reported depressive symptoms. Moreover, it was established that in the case of both women and men there was a correlation between lowered mood and psoriasis severity ( $R = 0.416$ ), as well as body image ( $R = -0.282$ ). In relation to individual scales, there was a statistically significant relationship between self-reported depressive symptoms and appearance evaluation ( $R = -0.519$ ), health evaluation ( $R = -0.585$ ), satisfaction with body parts ( $R = -0.462$ ), as well as appearance orientation ( $R = 0.425$ ).

**Conclusions.** Distortion of body image is correlated with self-reported depressive symptoms in psoriasis patients.

**Słowa kluczowe:** percepcja obrazu ciała, łuszczycyca, depresja

**Key words:** body image perception, psoriasis, depression

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(miejsowość i data)

Teresa Rzepa

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(Rosińska, M., Rzepa, T., Szramka-Pawlak, B., Żaba, R.; w: Psychiatria Polska, 2017, 51, 6: 1145-1152)

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