

## STUDY OF DERMATOLOGICAL QUALITY OF LIFE IN PATIENTS WITH VITILIGO ATTENDING THE OUT PATIENT DEPARTMENT OF DERMATOLOGY IN A TERTIARY CARE HOSPITAL

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**ABSTRACT: BACKGROUND:** Vitiligo is an autoimmune, chronic pigmentary disorder causing considerable amount of social stigma leading to low self-esteem.

**AIM:** To assess the quality of life in patients with vitiligo who are attending the outpatient department in Sri Ramachandra Hospital. The study was done over a period of 2 years. Parameters that were studied included gender distribution, occupation, type of Vitiligo.

**METHODS:** 200 vitiligo patients answered a ten point questionnaire designed by Cardiff to assess the quality of life.

**RESULTS:** Out of the 200 patients, 66 were male & 134 female, 158 were married and 42 unmarried, vitiligo vulgaris being the commonest type. Mean DLQI was higher in housewife (Occupation)-13.5, vitiligo vulgaris (Type of vitiligo)-16.34, diabetes mellitus (Association with vitiligo)-27.

**CONCLUSION:** The results demonstrate that vitiligo has a very large to extremely large effect on the quality of life.

**KEYWORDS:** Dlqi, Vitilgo Acrofacial.

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**INTRODUCTION:** Vitiligo an autoimmune, chronic pigmentary disorder accounts for upto 0.5 to 1% of the total population. In India its incidence is as high as 8.8% of the population. Both the sexes are equally affected and is seen in all races.<sup>[1,2]</sup> It can develop at any age ranging from childhood upto 80 yrs. of age, peak age being 10- 30yrs. In 30% of the cases inheritance is thought to be polygenic or autosomal dominant with incomplete penetrance and variable expression.<sup>[3,4]</sup> It causes considerable amount of social stigma and leads to low self-esteem in majority of people.

### AIM:

- To assess the quality of life in patients with vitiligo who are attending the outpatient department in Sri Ramachandra Hospital from July 2008 to June 2010.
- Parameters that were studied included:
  - Gender distribution,
  - Occupation,
  - Type of Vitiligo.

### MATERIALS AND METHODS:

**Study Design:** Cross-sectional study.

#### Inclusion Criteria:

- All patients above 18yrs, with vitiligo attending the outpatient department in the period from June 2008 to July 2010.
- Consent obtained prior to enrolment in the study.

**Exclusion Criteria:** Patients without vitiligo and who do not give consent for enrollment into the study.

#### Sample Size: 200.

The questionnaire used to assess the quality of life is a ten point questionnaire designed by Cardiff.

**Interpretation of DLQI:** The DLQI is calculated by summing the score of each question resulting in a maximum of 30 & a minimum of 0.

The higher the score, indicates more impairment of quality of life.

#### DLQI Scores:

- 0-1= No effect at all on patient's life
- 2-5 = Small effect on patient's life.
- 6-10 = Moderate effect on patient's life.
- 11-20 = Very large effect on patient's life.
- 21-30 = Extremely large effect on patient's life.

**RESULTS:** Out of the 200 patients, 66 were male, 134 were female, 158 were married and 42 were unmarried. Based on

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the type of vitiligo: 74 cases-vitiligo vulgaris, 46-acrofacial vitiligo, 32-focal vitiligo, 27-mucosal vitiligo, 21-segmental vitiligo.

Mean DLQI based on occupation: housewife-13.4, business/self-employed-11.34, office worker-8.96, unemployed/retired-5.68, others-9.76.

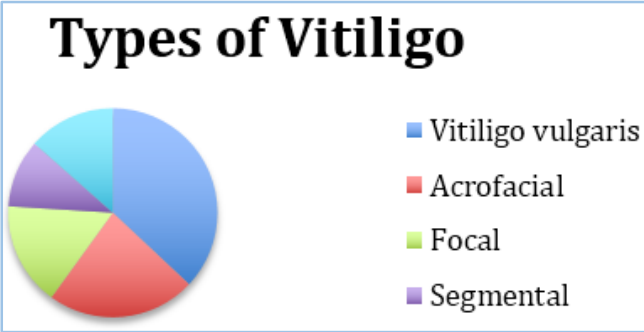
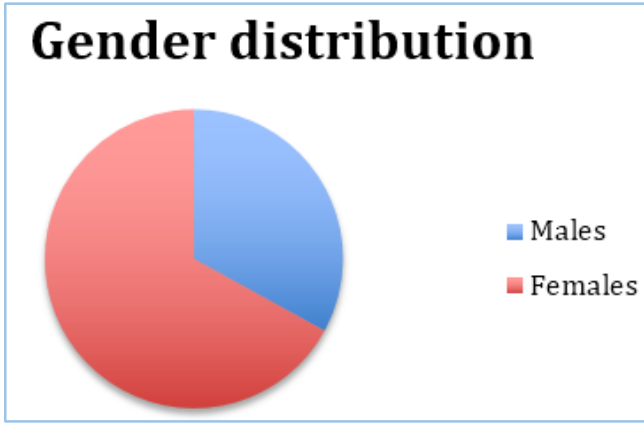
Mean DLQI value based on type of vitiligo: vitiligo vulgaris-16.34, mucosal vitiligo-13.8, acrofacial vitiligo-12.33, segmental vitiligo-6.11, focal vitiligo-5.83.

Mean DLQI based on association with vitiligo: Diabetes Mellitus-27, Hypertension-14, Thyroid disease-5.

**CONCLUSION:** The results demonstrate that vitiligo has a very large to extremely large effect on the quality of life and there is a need for the dermatologists not only provide appropriate treatment but to provide proper counseling to the patients.<sup>[5]</sup>

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MEAN DLQI VALUES BASED ON TYPE OF VITILIGO	
VITILIGO VULGARIS	16.34
ACROFACIAL VITILIGO	12.33
SEGMENTAL VITILIGO	6.11
FOCAL VITILIGO	5.83
MUCOSAL VITILIGO	13.8
MEAN DLQI VALUES BASED ON OCCUPATION	
HOUSE WIFE	13.4
OFFICE WORKER	8.96
BUSINESS / SELF EMPLOYED	11.34
UNEMPLOYED /RETIRED	5.68
OTHERS	9.76

ASSOCIATION WITH VITILIGO	
HYPERTENSION	14
DIABETES MELLITUS	27
THYROID DISEASE	5