Psoriasis and Depression



Patients With PsO Are at Increased Risk of Developing Depression¹

Social stigmatization is one possible cause of the association between PsO and depression^{2,3}

Visible physical symptoms may result in low self-esteem, depression, and social isolation^{2,3}

Sleep disturbance from PsO and pruritus is linked to depression, and reduced quality of life⁴



Bidirectional association between stress and PsO creates a cycle where stress triggers PsO flares, which then heighten stress levels²

Levels of pro-inflammatory cytokines, such as IL-17 and TNF- α , are elevated in both PsO and depression⁵⁻⁸

There is evidence that **overlapping inflammatory mechanisms** contribute to the association between PsO and depression^{2,3}

Compared with patients without PsO, patients with PsO are

~1.6x more likely

to have depression; OR 1.57 (95% CI, 1.40-1.76)⁹



Risk of Depression Increases With PsO Severity

The **prevalence of depression** in patients with PsO ranges from **6-62**%⁵



Patients with severe PsO are 2.2x more likely to have depression than patients with mild PsO¹





Treatment Considerations

Compared with conventional therapy, biologics appear to be associated with a lower incidence of depressive symptoms among patients with PsO^{2,10,11}

Obesity and Depression

Obesity is associated with an increased risk of depression¹²

The relationship between obesity and depression is bidirectional, with the association being more pronounced in individuals with



AAD/NPF Recommendations for Dermatologists¹¹



Patients with PsO should be informed about the association of PsO and depression

Patients with PsO should be asked about signs and symptoms of depression by their dermatologist or primary care provider





Patients with PsO showing signs and symptoms of depression should be referred to an appropriate HCP for further assessment and management

PsO-specific therapy is recommended as a measure to improve PsO-associated depression in individuals with PsO





Explore the other infographics in the *Comorbidities in Psoriasis* series



AAD=American Academy of Dermatology; BMI=Body Mass Index; CI=Confidence Interval; HCP=Healthcare Professional; IL=Interleukin; NPF=National Psoriasis Foundation; OR=Odds Ratio; PsO=Psoriasis; TNF-α=Tumor Necrosis Factor Alpha.

a BMI of 30 kg/m² or higher¹³

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