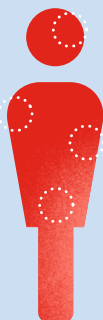


Patients With PsO Are at Increased Risk
of Developing Depression¹

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

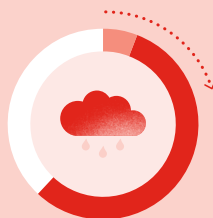
to have depression;

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



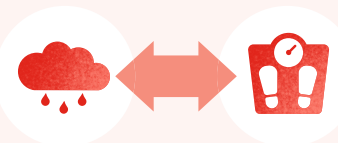
Treatment Considerations

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 a BMI of 30 kg/m² or higher¹³

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

