Psoriasis is the most prevalent autoimmune disease of the skin.

7.5 million Americans suffer from psoriasis.

Annual spending for psoriasis is $112 billion.

Psoriatic patients may suffer from low self-esteem, social isolation, anxiety, depression, and suicidal ideation.

Psoriasis poses an increased risk for comorbidities: psoriatic arthritis, diabetes, hypertension, and cardiovascular disease.

**Background/Significance**

**Problem Statement:**
Patients with psoriasis suffer from serious medical comorbidities, as well as low self-esteem, social isolation, anxiety, depression, and suicidal ideation.

**Clinical Question:**
Does implementation of a support group along with patient education improve knowledge, self-esteem, and quality of life in patients with psoriasis?

**Results/Implications**

Support groups provide validation that patients are not alone in their struggle with psoriasis. Serves as a biopsychosocial model that addresses medical needs and psychological issues.

Provides relief, reassurance, practical information, and guidance.

Patients gain education, psychological support, and coping skills through shared experiences.

Mutual support and shared experiences can be extremely beneficial to those suffering from low levels of self-esteem, confidence, and morale.

**Design/Methods**

Single Group, Pre/Post Test Design

Intervention - Education and Support Group

**Setting:** Liberal Arts College in Long Island

**Purposive Sampling:** Psoriasis patients 20 years and older

**Interdisciplinary**

**Demographic Survey**

**Instruments:** Psoriasis Knowledge, RSES, PLSI, and DLQI.

**Pretest:** Psoriasis knowledge, RSES, PLSI, DLQI.

**Seven Education and Support Sessions**

**Posttest:** Psoriasis knowledge, RSES, PLSI, DLQI.

**Sample size (N=7); Male = 29%, Female 71%**

Duration of psoriasis 5-35 years.

**Paired Samples t-test:**

<table>
<thead>
<tr>
<th>Test</th>
<th>Mean Pre Test Score</th>
<th>Mean Post Test Score</th>
<th>t-value</th>
<th>Sig (2-tailed)</th>
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</thead>
<tbody>
<tr>
<td>Psoriasis Knowledge</td>
<td>62.5</td>
<td>54.0</td>
<td>11.13</td>
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<td>RSES</td>
<td>17.1</td>
<td>13.9</td>
<td>4.67</td>
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<td>PLSI</td>
<td>12.14</td>
<td>10.28</td>
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<tr>
<td>DLQI</td>
<td>16.67</td>
<td>10.62</td>
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</tbody>
</table>

**Implications:**

By Participating in support groups, patients can gain knowledge, have improved self-esteem and quality of life, and decreased psoriasis-related stress.

**References**

