

Symposium | Global Mental Health : [Symposium 3] Global Perspectives on Psychodermatology

2025年9月25日(木) 13:05 ~ 14:35 Session Room 4 (Large Hall B)

[Symposium 3] Global Perspectives on Psychodermatology

Moderator: Antonio Sison (University of the Philippines Philippine General Hospital)

[SY-3-03] Psychodermatology in Atopic Dermatitis

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キーワード : psychodermatology、atopic dermatitis、depression、psychosomatic

Atopic dermatitis (AD) is one of major chronic skin disorders. It has strongly psychosomatic aspect especially in Japan. Psychosocial stress worsens skin condition in AD patients. And a lot of AD patients is suffered from psychiatric disorders, for example depression and anxiety disorders. There are some reports about psychological state of AD patients. The AD patients worry the facial appearance from AD. Some cannot go outside home. Some cannot work and go to schools. These patients require psychodermatological approach. Patients may need psychotherapy and psychotropics in addition to dermatological therapy. We made the Japanese guideline of psychosomatic diagnosis and treatment for atopic dermatitis in 2006. In the guideline, we wrote how to use psychotherapy and psychotropics, how to have a conversation with psychosomatic patients. But unfortunately, there are still a few psychodermatologists in Japan. We usually give lectures of psychodermatology in AD at the annual meeting of the Japanese Dermatological Association. We have to distribute the psychosomatic approach that is possible for general dermatologists.