The Relationship between Traditional Chinese Medicine Body Constitution Deviation and Quality of Life in Patients with Psoriasis

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Background
Psoriasis is a recurring chronic inflammatory skin disease. Psoriasis patients typically experience reduced quality of life with recurrence of the disease.

In traditional Chinese medicine (TCM), it is believed that deviation of an individual’s body constitution is related to disease recurrence. By understanding the correlation between body constitution deviation and quality of life among psoriasis patients, medical personnel can provide individualized care according to each patient’s body constitution status, thereby improving their quality of life.

Purpose
The purpose of this study was to identify the relationship between TCM body constitution deviation and quality of life in psoriasis patients.

Research Methods
* A cross-sectional study design and purposive sampling was used.
* The participants were recruited from the outpatient clinic of the department of dermatology of a medical center in the central Taiwan.
* A total of 158 patients were enrolled in the study.
* We used a structured questionnaire, including TCM body constitution questionnaire (BCQ; including Yang-Xu, Yin-Xu, and stasis body constitution questionnaires), dermatology life quality index questionnaire (DLQI), and assessed related factors of quality of life (including basic attributes, life style, and disease factors).
* Increasing BCQ total scores indicated worsening for Yang-Xu, Yin-Xu, and stasis constitution, respectively.
* The percentage of participants exhibiting a body constitution were Yang-Xu 45.6% (n = 72), Yin-Xu 58.2% (n = 92), and stasis 50.6% (n =80), respectively.
* The average total DLQI score was 9.0 (SD = 6.5 ; rang=0-30).
* Univariate analysis revealed that Yang-Xu body constitution, Yin-Xu body constitution, stasis body constitution, age, perceived stress score, oral methotrexate (MTX) use, and the duration of use of TCM oral-combined topical agents were significantly (p < 0.05) related with quality of life of psoriasis patients.
* Multiple linear regression analysis (Backward model) demonstrated that Yang-Xu body constitution significantly affected quality of life of psoriasis patients under adjusting for other factors (Table 1).

Results
* The average age of the participants was 44.1 years (SD = 13.8).
* Average total scores for Yang-Xu, Yin-Xu, and stasis body constitution were 31.7 (SD = 8.8 ; rang=19-95), 33.1 (SD = 8.9 ; rang=19-95), and 27.7 (SD = 8.0 ; rang=16-80), respectively.

Table1. Predict factors of quality of life in Patients with Psoriasis (N=158)

<table>
<thead>
<tr>
<th>Predictive variables</th>
<th>B</th>
<th>Standard error</th>
<th>Beta</th>
<th>T</th>
<th>P</th>
<th>Adjusted R²</th>
</tr>
</thead>
<tbody>
<tr>
<td>(constant)</td>
<td>4.598</td>
<td>2.530</td>
<td>1.817</td>
<td>.071</td>
<td>.180</td>
<td></td>
</tr>
<tr>
<td>age</td>
<td>-.068</td>
<td>.035</td>
<td>-.144</td>
<td>-1.947</td>
<td>.053</td>
<td></td>
</tr>
<tr>
<td>Yang-Xu score</td>
<td>.145</td>
<td>.058</td>
<td>.197</td>
<td>2.526</td>
<td>.013</td>
<td></td>
</tr>
<tr>
<td>perceived stress score</td>
<td>.449</td>
<td>.188</td>
<td>.184</td>
<td>2.390</td>
<td>.018</td>
<td></td>
</tr>
<tr>
<td>TCM oral-combined topical agents</td>
<td>.085</td>
<td>.033</td>
<td>.190</td>
<td>2.598</td>
<td>.010</td>
<td></td>
</tr>
<tr>
<td>oral MTX</td>
<td>2.408</td>
<td>1.368</td>
<td>.131</td>
<td>1.760</td>
<td>.080</td>
<td></td>
</tr>
</tbody>
</table>

Conclusion and Recommendation
This study showed that as Yang-Xu body constitution worsened, so did quality of life. These results can establish empirical data that may serve as an important reference for medical personnel to provide combination TCM care measures for psoriasis patients with Yang-Xu body constitution, therefore improving their quality of life.