The Relationship Between TCM Body Constitution Deviation and Quality of Life in Patients With Psoriasis

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

Methods: A cross-sectional, correlative study design and purposive sampling was used. The participants were recruited from the outpatient clinic of the department of dermatology of a medical center, from the central Taiwan region. A total of 158 patients provided written informed consent and were subsequently enrolled in the study. The questionnaires were completed by the participants and collected in the outpatient waiting room. 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). Published and authorized questionnaires were used for the BCQ and DLQI. The Cronbach's alpha values for Yang-Xu, Yin-Xu, and stasis body constitutions from the BCQ were 0.861, 0.846, and 0.855, respectively, and the Cronbach alpha value for the DLQI was 0.901.

Results: The average age of the participants was 44.06 years (SD = 13.79). Average total scores for Yang-Xu, Yin-Xu, and stasis body constitution were 31.63 (SD = 8.77), 33.11 (SD = 8.90), and 27.70 (SD = 8.04), respectively. Every participant show one or more than one body constitutions. 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). The average total DLQI score was 9.03 (SD = 6.48). Univariate analysis revealed that many factors such as 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 (Stepwise model) demonstrated that factors, including age, life stress feelings score, Yang-Xu score and the duration of use of oral-combined topical agent, and oral MTX use (p < 0.1; R² = 0.18) affected psoriasis patients' quality of life.

Conclusion: This study showed that Yang-Xu body constitution significantly affected quality of life of psoriasis patients after adjusting other factors. 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.

Title:  
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Keywords:  
Stasis body constitution, Yang-Xu body constitution and Yin-Xu body constitution
References:

Abstract Summary:
Psoriasis patients typically experience reduced quality of life with the recurrence of the disease. 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.

Content Outline:

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. At present, there are very few studies discussing the TCM body constitution of psoriasis patients, and traditional Chinese medicine BCQ and quality of life was rarely used.

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

Study subjects were recruited from the outpatient clinic of the department of dermatology of a medical center from the central region in Taiwan. In total, 158 patients were enrolled after they signed informed consent forms.

Results found the average age of the psoriasis patients was 44.06 years (SD=13.79). This study showed that Yang-Xu body constitution significantly affected quality of life of psoriasis patients after adjusting other factors. 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.

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Author Summary: Tzu-Yun Huang is a master's student. She has been a nurse in Chinese medicine for 7.4 years. She could provide suitable for traditional Chinese medicine health education (including life and rest, diet taboo, etc.) for the patients with different chronic diseases, that made them to adjust daily living, promote health and prevent disease recurrence.

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Author Summary: Hui-Man Cheng is a dermatologist. She had expertise in Chinese and Western medicine combination for treating various skin diseases. According to the patient's different disease severities, she uses traditional Chinese medicine to regulate their constitution, which improves the condition and reduces the recurrence of the disease.