

ESDaP Winter newsletter**New Executive Committee**

Dear ESDaP Members, dear friends,

During our last congress in Giessen (Germany), a new executive committee was elected.

Discover the new team below:



From left to right:

- F. Poot (BE) Treasurer,
- L. Misery (FR)
- F. Dalgard (NO),
- J. Szepletowski (PL) President,
- L. Tomas-Aragones (ES) Past-President,
- A. Lvov (RU),
- I. Altunay (TR),
- N. Vullink (NL),
- J. Kupfer (DE),
- F. Sampogna (IT)
- A. Bewley (UK) Secretary General.

News from the last congress

About 130 scientists from 25 countries participated in the 18th ESDaP Congress which took place in Giessen, Germany, in June 2019.

This conference focussed on "The skin patient - a multidisciplinary challenge?"

The main topics of the first day of the conference were "Itch" and "Stigmatization". Expert invited speakers presented excellent talks.

In addition, the Herman Musaph Foundation, represented by Patrick Kemperman, presented this important Award to the President of the Society, Lucia Tomas-Aragones.

Friday morning was dedicated to early career scientists. The winners of the poster prizes were:

- **S. Meeuwis:** "Can placebo effects be learned for histamine-induced itch? Conditioning the effects of antihistamines"
- **P. Bagde:** "Body Dysmorphic Disorder in patients with Androgenetic Alopecia/A."
- **Al-Sarraf:** "Investigating motivational factors of skin lightening phenomenon and related psychological and image related disturbances"
- **G. Şekerlişoy:** "Dermatological manifestations in heroin and borsai use disorder/The winners of the prizes for free communications were:"
- **C. Krüger:** "Stigmatisation in vitiligo and combating strategies"
- **B. Schuster:** "Exploring happiness in patients with chronic skin diseases"
- **M.-A. Gkini:** "Burnout in psychodermatology: results from a European survey"
- **A. Michenko:** "Symptomatic melanocytic lesions: when it is not about oncology"

Uwe Gielert was awarded the honorary presidency during this event. Speakers of the honorary symposium were Ulrich Stangier, Françoise Poot, Gil Yosipovitch, Lucia Tomas Aragones and Christina Schut.

Our course on Psychodermatology in Brussels 24-26 October 2019

Brussels was the meeting point for dermatologists, psychologists and psychiatrists who wanted to improve their knowledge of psychodermatology and take the first or second steps towards the ESDaP diploma in Psychodermatology.

Highly qualified practitioners from all over the world met there to share their experience in this topic not taught during their academic training.

Most of them were very intrigued by difficult cases they have encountered in their practice and they came with complex cases and many questions to ask the experts.

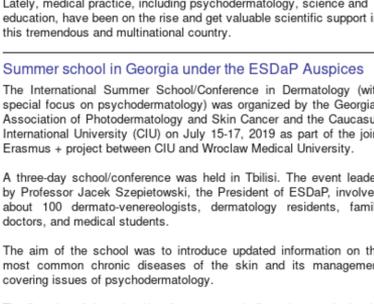
The members of the faculty were L. Tomas-Aragones (ES), F. Sampogna (IT), U. Gielert (DE) and F. Poot (BE).

During the workshops, it became evident that some of the difficulties were common to most of them. The participants had the opportunity to improve their communicating skill in an atmosphere of full of respect and understanding. They learned how to identify and manage depressed patients and those with mental health issues.

The quality of life and the burden of the disease was another topic of this training: how to measure it, and how to help patients cope with chronic diseases.

Last but not least this training has created a strong friendship between the participants and most of them have planned to meet during the next ESDaP course to continue their training.

In 2020 an [Advanced Course](#) and a [Basic Course](#) on Psychodermatology (click on the links for information and registration) will be held in Brussels.

**The ESDaP supports the regional meeting of psychodermatology in Kazakhstan.**

Issues of psychodermatology are attracting more and more the attention of doctors from different regions of the world. However, everyone cannot get access to participate in the international congresses in major European cities.

Therefore, ESDaP has decided to support conferences during the years when ESDaP does not organize a congress.

The first ESDaP regional conference will be held on September 24-25, 2020 in Shymkent city (Kazakhstan).

Today, the Republic of Kazakhstan is one of the most dynamic and harmonious developing countries of the Central Asian region, located at the junction of Europe and Asia.

Kazakhstan always welcomes guests with hospitality and attracts with natural wonders and ancient monuments.

Lately, medical practice, including psychodermatology, science and education, have been on the rise and get valuable scientific support in this tremendous and multinational country.

Summer school in Georgia under the ESDaP Auspices

The International Summer School/Conference in Dermatology (with special focus on psychodermatology) was organized by the Georgian Association of Photodermatology and Skin Cancer and the Caucasus International University (CIU) on July 15-17, 2019 as part of the joint Erasmus + project between CIU and Wrocław Medical University.

A three-day school/conference was held in Tbilisi. The event led by Professor Jacek Szepletowski, the President of ESDaP, involved about 100 dermato-venereologists, dermatology residents, family doctors, and medical students.

The aim of the school was to introduce updated information on the most common chronic diseases of the skin and its management covering issues of psychodermatology.

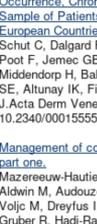
The first day of the school/conference was dedicated to psoriasis, the second day to atopic dermatitis and itch, and the third day to acne and related disorders. The topics were mainly presented by Professor Szepletowski, Professor Lali Mekokishvili, Assot. Professor Maia Datuashvili, and resident doctor Kakha Bregvadze.

New members

Dr Marie Zipser, MD/M.Sc. is a certified Psychiatrist and Psychotherapist. She obtained a master's degree in med. biology (dermatology) at Zurich University. She would like to improve patients' OoL. Her special expertise lies in CBT, ACT, consultation-liaison psychiatry and psycho-oncology.



Dr Ana Goñi Navarro is a graduated physician and a second-year resident in the Department of Psychiatry at the Lozano Blesa University Hospital in Zaragoza, Spain. She has a deep interest in Psychodermatology, due to her work in the field of psychosomatics. She recently completed a Master degree in medical research.



Dr Su Peiqi works at the National Skin Centre (NSC) in Singapore as a Consultant Dermatologist. She completed her speciality training in 2017. In 2008, she obtained her medical degree at the Imperial College, London and worked in the United Kingdom for 2 years before returning to Singapore where she completed her training in Internal Medicine residency in 2013.



Dr Roshdy graduated in Egypt (1985), where he trained in dermatology and became an assistant professor, before leaving to Canada, where he did a Masters in immunopathology (McGill) and practiced as a dermatologist (assistant professor at McGill). He has a busy practice, involving clinical teaching of general dermatology residents and medical students, with a focus on difficult and challenging cases.



Dr Marcia Sturno graduated as a doctor at the University of Buenos Aires and completed her residency in medical clinic and dermatology. After finishing the University course on Psychodermatology, taught by ADEPSI in Buenos Aires, he currently works as a teacher. She is a member of the Argentine Society of Dermatology and she is currently part of the ADEPSI board of directors

New publications from our members

[Itch and Mental Health in Dermatological Patients across Europe: A Cross-Sectional Study in 13 Countries.](#)

Dalgard FJ, Svensson Å, Halvorsen JA, Gielert U, Schut C, Tomas-Aragones L, Lien L, Poot F, Jemec GBE, Misery L, Szabo C, Lvov A, Marron SE, Altunay IK, Finlay AY, Salek S, Kupfer J, Poot F, J Eur Acad Dermatol Venerol. 2019 Sep 3. pii: S0022-202X(19)33209-9. doi: 10.1016/j.jid.2019.05.034.

[The psychosocial burden of alopecia areata and androgenetic alopecia: a cross-sectional multicentre study among dermatological out-patients in 13 European countries.](#)

Titeca G, Goudetsidis L, Francq B, Sampogna F, Gielert U, Tomas-Aragones L, Lien L, Jemec GBE, Misery L, Szabo C, Linder D, Evers AWL, Halvorsen JA, Balieva F, Szepletowski J, Romanov D, Marron SE, Altunay IK, Finlay AY, Salek SS, Kupfer J, Dalgard FJ, Poot F, J Eur Acad Dermatol Venerol. 2019 Aug 29. doi: 10.1111/jid.15927.

[Occurrence, Chronicity and Intensity of Itch in a Clinical Consecutive Sample of Patients with Skin Diseases: A Multi-centre Study in 13 European Countries.](#)

Schut C, Dalgard FJ, Halvorsen JA, Gielert U, Lien L, Aragones LT, Poot F, Jemec GBE, Misery L, Kernéry L, Sampogna F, Lvov A, Middendorp H, Balieva F, Linder D, Szepletowski J, Romanov D, Marron SE, Altunay IK, Finlay AY, Salek S, Kupfer J, Acta Derm Venerol. 2019 Feb 1;99(2):146-151. doi: 10.2340/00015555-3040.

[Management of congenital ichthyoses: European guidelines of care, part one.](#)

Mazereeuw-Hautier J, Vanhquist A, Traupe H, Bygum A, Amaro C, Aldwin M, Audouze A, Bodemer C, Bourrat E, Diociaiuti A, Dolenc-Voljc M, Dreyfus I, El Hachem M, Fischer J, Ganemo A, Gauvria C, Gruber R, Hadj-Rabia S, Hohl D, Jonca N, Ezzedine K, Maier D, Malhotra R, Rodriguez M, Ott H, Paige DG, Pietrzak A, Poot F, Schmuth M, Sitek JC, Steijlen P, Wehr G, Moreen M, O'Toole EA, Oji V, Hernandez-Martin A. Br J Dermatol. 2019 Feb;180(2):272-281. doi: 10.1111/bjd.17203.

[The self-assessed psychological comorbidity in 13 countries: a pilot study.](#)

Brenaut E, Halvorsen JA, Dalgard FJ, Lien L, Balieva F, Sampogna F, Linder D, Evers AWL, Jemec GBE, Gielert U, Szepletowski J, Poot F, Altunay IK, Finlay AY, Salek SS, Szabo C, Lvov A, Marron SE, Tomas-Aragones L, Kupfer J, Misery L, J Eur Acad Dermatol Venerol. 2019 Jan;33(1):157-162. doi: 10.1111/jid.15145.

[Management of congenital ichthyoses: European guidelines of care, part two.](#)

Mazereeuw-Hautier J, Hernández-Martin A, O'Toole EA, Bygum A, Amaro C, Aldwin M, Audouze A, Bodemer C, Bourrat E, Diociaiuti A, Dolenc-Voljc M, Dreyfus I, El Hachem M, Fischer J, Ganemo A, Gauvria C, Gruber R, Hadj-Rabia S, Hohl D, Jonca N, Ezzedine K, Maier D, Malhotra R, Rodriguez M, Ott H, Paige DG, Pietrzak A, Poot F, Schmuth M, Sitek JC, Steijlen P, Wehr G, Moreen M, O'Toole EA, Traupe H, Oji V. Br J Dermatol. 2019 Mar;180(3):484-495. doi: 10.1111/bjd.16882.

Karolina Kaaz, Jacek C. Szepletowski, Łukasz Matusiak. [Influence ofitch and pain on sleep quality in atopic dermatitis and psoriasis](#) Acta Derm.-Venereol. 2019 Vol.99 no.2; s.175-180

Dimitre Dimitrov, Łukasz Matusiak, Andrea Evers, Mohammad Jafferany, Jacek Szepletowski. [Arabic language skin-related stigmatization instruments: translation and validation process](#) Adv. Clin. Exp. Med. 2019 Vol.28 no.6; s. 825-832

Dimitre Dimitrov, Łukasz Matusiak, Jacek C. Szepletowski. [Stigmatization in Arabic psoriatic patients in the United Arab Emirates: a cross sectional study](#) Adv. Dermatol. Allergol. 2019 Vol.36 no.4; s.425-430

Edyta Leleonek, Łukasz Matusiak, Tomasz Wróbel, Jacek Kwiatkowski, Jacek C. Szepletowski. [Burden of atopic dermatitis in polythymaiviera](#) Acta Derm.-Venereol. 2018 Vol.98 no.2; s. 185-190

Karolina Kaaz, Jacek C. Szepletowski, Łukasz Matusiak. [Influence ofitch and pain on sleep quality in patients with hidradenitis suppurativa](#) Acta Derm.-Venereol. 2018 Vol.98 no.8; s.757-761

Marta Wojciechowska-Zdrojowy, Adam Reich, Jacek C. Szepletowski, Adam Wojciechowski. [Analysis of sexual problems in men with psoriasis](#) J. Sex Marital Ther. 2018 Vol.44 no.8; s.737-745

[Platelet rich plasma in androgenetic alopecia: A systematic review.](#)

Lotti T, Goren A, Verner I, D'Alessio PA, Franca K, Dermatol Ther. 2019 May;32(3):e12837. doi: 10.1111/dth.12837. Epub 2019 Mar 26.

[Psychodermatology in Ukraine and Belarus: an Eastern European perspective.](#)

Jafferany M, Havryliuk O, Adaskevich U, Marozava A. Int J Dermatol. 2019 Oct 24. doi: 10.1111/ijd.14677.

[Effects of family constellation seminars on itch in patients with atopic dermatitis and psoriasis: A patient preference controlled trial.](#)

Jafferany M, Capes S, Yaremkyvych R, Andriashko Y, Capes G, Petrek M. Dermatol Ther. 2019 Oct 3:e13100. doi: 10.1111/dth.13100.

[Understanding psychocutaneous disease: psychosocial & psychoneuroimmunologic perspectives.](#)

Jafferany M, Patel A. Int J Dermatol. 2019 Sep 10. doi: 10.1111/ijd.14629.

[N-Acetylcysteine in psychodermatological disorders.](#)

Nwankwo CO, Jafferany M. Dermatol Ther. 2019 Sep;32(5):e13073. doi: 10.1111/dth.13073.

[Psychodermatology: knowledge, awareness, and attitude of dermatologists in Kazakhstan.](#)

Markabayeva A, Ospanova S, Jafferany M. Int J Dermatol. 2019 Jul 31. doi: 10.1111/ijd.14608.

[The Man Who Saw Things on Carvedilol.](#)

Alkoye SA, Jafferany M, Osuagwu V, Plath DL, Tokai J Exp Clin Med. 2019 Jul 20;4(2):29-30

[Prevalence and clinical characteristics of body dysmorphic disorder in adolescent inpatient psychiatric patients-a pilot study.](#)

Jafferany M, Osuagwu FC, Khalid Z, Oberbarnscheidt T, Roy N. Nord J Psychiatry. 2019 May - Jul;73(4-5):244-247. doi: 10.1080/08039488.2019.1612943

[Trichotillomania: a psychopathological perspective and the psychiatric comorbidity of hair pulling.](#)

Anwar S, Jafferany M. Acta Dermatovenereol Alp Pannonica Adriat. 2019 Mar;28(1):33-36

[Skin-Picking Disorder: A Guide to Diagnosis and Management.](#)

Jafferany M, Patel A. CNS Drugs. 2019 Apr;33(4):337-346. doi: 10.1007/s40263-019-00621-7

[Therapeutic Aspects of TTherapeutic Aspects of Trichotillomania: A Review of Current Treatment Options.](#)

Jafferany M, Patel A. Prim Care Companion CNS Disord. 2018 Nov 22;20(6). pii: 18nr02344. doi: 10.4088/PCC.18nr02344.

[Trichotillomania \(hair pulling disorder\): Clinical characteristics, considerations, treatment approaches, and ethical considerations.](#)

Franca K, Kumar A, Castillo D, Jafferany M, Hyczy da Costa Neto M, Damevska K, Wollina U, Lotti T. Dermatol Ther. 2019 Jul;32(4):e12622. doi: 10.1111/dth.12622. Epub 2018 Aug 28

[Itch and psyche: psychiatric aspects of pruritus.](#)

Jafferany M, Patel A. Int J Dermatol. 2019 Jan;58(1):3-23. doi: 10.1111/ijd.14081. Epub 2018 Jun 19

[International pilot tests of the epidermolysis bullosa-specific module of the Infant and Toddler Dermatology Quality of Life questionnaire.](#)

Chernyshov PV, Pustishek N, Gedeon I, Suru A, Tiplica GS, Salavastru CM, Tomas-Aragones L, Marron SE. J Eur Acad Dermatol Venerol. 2019 Nov 9. doi: 10.1111/jid.16051

[Body dysmorphic disorder in patients with acne: a multicentre study.](#)

Rodry M, Miranda-Sivelo A, Tomas-Aragones L, Rodriguez-Cerdeira C, Tribo-Boixaro MJ, Garcia-Bustinduy M, Gracia-Cazaña T, Ros-Abarca S, Roe-Crespo E, Diaz-Diaz RM, Bruñau-Redondo C, Martinez-Gonzalez MC, Guerra-Tapia A, González-Guerra E, Puig L. J Eur Acad Dermatol Venerol. 2019 Sep 13. doi: 10.1111/jid.15954.

Psychodermatology around the world

Argentina
Throughout the year ADEPSI has participated in different international events, namely RADLA (Reunión Anual de Dermatología Latinoamericana), and the ESDaP Congress in Giessen.

On a national level ADEPSI took part in the APSA (Asociación de Psiquiatras Argentinos) Congress and organized several seminars across the country with the endorsement of different national and international entities such as SAD (Sociedad Argentina de Dermatólogos) and SOLAPSO (Sociedad Latinoamericana de Psoriasis)

Around April ADEPSI also published the book "Psicodermatología: una actualización diagnóstica y terapéutica de las entidades clínicas más frecuentes" written by Dra E. Malatesta, Dr. Julia Torales and latinoamerican colleagues.

Recently, ADEPSI was invited by SAD to set up its Psychodermatology Team in order to carry out projects, publications and establish consensus on a national, and together with like-minded foreign institutions, an international level.

All the while ADEPSI's Annual Postgraduate course on Psychodermatology has been delivered for a fourth consecutive year. www.psicodermatologia.com.ar

Japan
The 10th annual meeting of the Japanese Society of Psychosomatic Dermatology was held in November in Osaka. Unfortunately the language is only Japanese. <http://jpsd-ac.org/en/index.shtml>

The annual meeting of the Japanese Society of Psychosomatic Medicine and another psychosomatic meeting were held simultaneously (internal medicine, dental medicine, gynaecology, paediatrics, otolaryngology and ophthalmology).

USA
APMNA (Association for Psychocutaneous Medicine of North America) will be holding its 30th annual Psychodermatology Congress on March 19, a day before AAD (American Academy of Dermatology) annual meeting in Denver, Colorado.

The meeting will focus on modern research and current trends in the management and treatment of psychocutaneous disorders.

For participation in the meeting, visit APMNA - Association for Psychocutaneous Medicine of North America or contact following email address: mjafferany@yahoo.com

If you have information you wish to share with the members, please send it to esdap.newsletter@gmail.com.

Thanks for reading,

Françoise Poot, Lucia Tomas & Anthony Bewley

New courses in Psychodermatology in Brussels (2020)

Basic course 19-21 November
[Register here](#)

Advanced course 01-03 October
[Register here](#)

