



Januari 2021

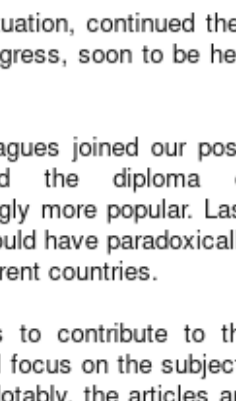
ESDaP Winter newsletter

A new year for ESDaP

Dear ESDaP Colleagues,

I sincerely hope that you are all well. The COVID-19 pandemic has undoubtedly changed our life forever, with the consequences affecting not only our bodies, but also our psyche.

Due to the epidemic restrictions in 2020 we could not meet face to face, which subsequently necessitated the interactions in virtual reality.



I would like to express my gratitude towards my colleagues who, despite the difficult epidemic situation, continued their work on the organization of the 19th ESDaP Congress, soon to be held in London as a hybrid event.

As a society, we are proud that so many colleagues joined our post-graduate education program and obtained the diploma of psychodermatology, which is becoming increasingly more popular. Last year it was executed in a virtual manner, which could have paradoxically facilitated higher number of participants from different countries.

I would also like to encourage all researchers to contribute to the upcoming special issue of Life journal which shall focus on the subjects strictly relating to the psychodermatology field. Notably, the articles are to be published online and as open access.

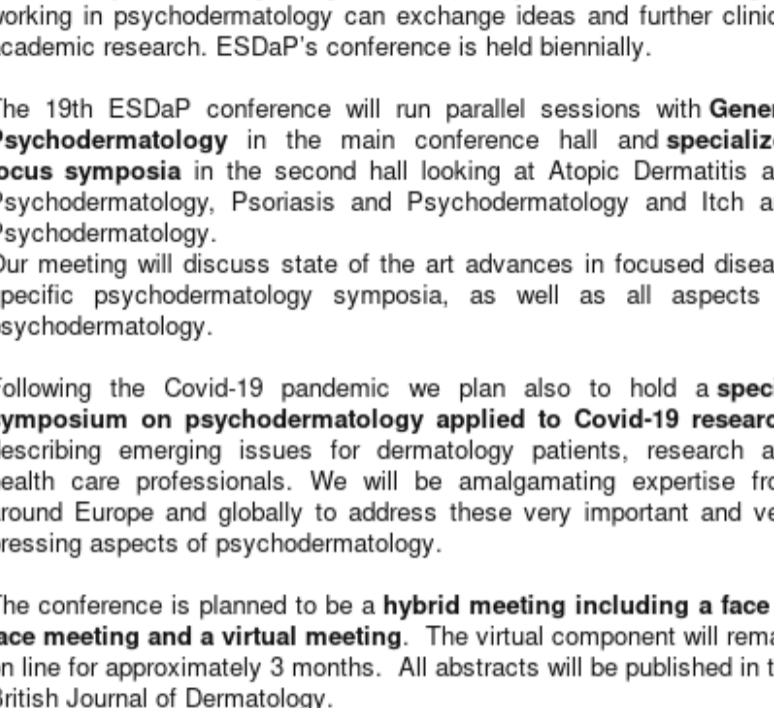
We dream that the face to face activities shall finally become the reality during the upcoming ESDaP Congress.

Stay safe and full of hope during those difficult times.

Sincerely,

Jacek C Szepletowski
ESDaP President

Toward the new congress



It is with great pleasure that we announce the **19th Conference of the European Society for Dermatology and Psychiatry**, which will be held at the Royal College of Physicians, London from **11th to 13th June 2021**.

Registration is now open (reduced rates for members, students, psychologists, trainees, and day attendees). **Abstract submission now open** (closing date 14.2.21). All abstracts will be published in the Br J Dermatol.

This society remains a growing multidisciplinary forum where colleagues working in psychodermatology can exchange ideas and further clinico-academic research. ESDaP's conference is held biennially.

The 19th ESDaP conference will run parallel sessions with **General Psychodermatology** in the main conference hall and **specialized focus symposia** in the second hall looking at Atopic Dermatitis and Psychodermatology, Psoriasis and Psychodermatology and Itch and Psychodermatology.

Our meeting will discuss state of the art advances in focused disease specific psychodermatology symposia, as well as all aspects of psychodermatology.

Following the Covid-19 pandemic we plan also to hold a **special symposium on psychodermatology applied to Covid-19 research**, describing emerging issues for dermatology patients, research and health care professionals. We will be amalgamating expertise from around Europe and globally to address these very important and very pressing aspects of psychodermatology.

The conference is planned to be a **hybrid meeting including a face to face meeting and a virtual meeting**. The virtual component will remain on line for approximately 3 months. All abstracts will be published in the British Journal of Dermatology.

We invite all researchers and clinicians practicing or researching into psychodermatology to **send abstracts via the ESDaP21 website** (www.esdap21.com).

We anticipate lectures, presentations and poster presentations from pre-eminent clinicians and researchers in psychodermatology from across Europe and global colleagues to provide rich and fascinating cutting edge psychodermatology research.

Online courses for the diploma of psychodermatology

Due to the pandemic situation, we have been working hard to prepare **3 online courses**.

These courses were a mixed of **online meetings** during the 3 days already planned and **homework** the participants had to do.

These assignments were for the 2 advanced courses preparing lessons on different topics in pairs and presenting a clinical case and their lessons.

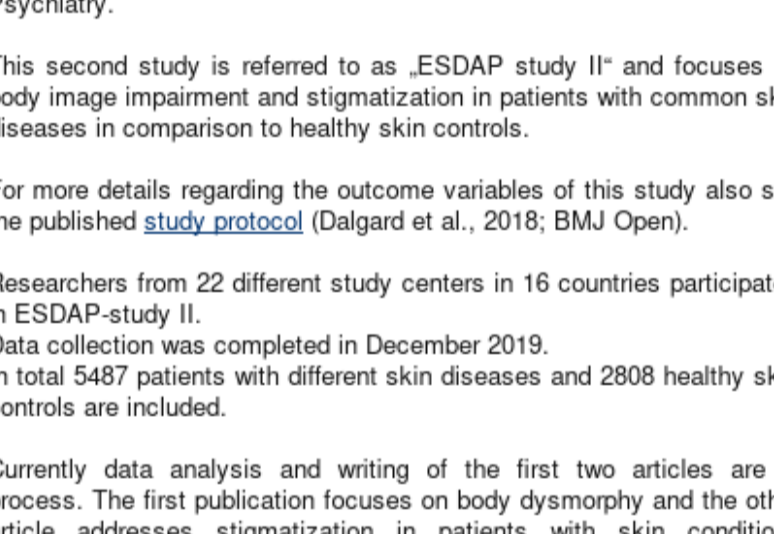
For the basic course it was only a clinical case to present. There was also a role playing and other communication exercises to realize through video meetings. All these were of amazing quality!

The large scale of local times could allow us to have only 2 to 3 hours a day together. Effectively our participants were from Europe but also Argentina, Mexico, India and Singapore!

The Basic course, the first step to the ESDaP Diploma in psychodermatology, was given for the first time with participants we didn't have seen in face to face earlier. It ran also very well and the atmosphere was friendly and warm as we are used to see it in the face-to-face courses.

Since last years 30 participants residents or practitioners in dermatology, psychology and psychiatry are following the steps to the ESDaP Diploma in Psychodermatology.

This year we will continue with the online courses.



[Register here](#)

More info on www.psychodermatologydiploma.in

Psychodermatology Special Issue of the journal "Life" edited by Jacek Szepletowski and Lucia Tomas Aragones

Psychodermatology is a rapidly growing field. It combines dermatologic, psychiatric, and psychological symptomatology.

Skin diseases, due to their chronicity, visibility, and frequently occurring subjective symptoms, especially itch, predispose patients to develop **secondary psychiatric disturbances**, like depression and/or anxiety. This definitely influences **coping strategies** for dermatology patients. Many skin diseases are stress-induced ones, as psychological stress exacerbates skin conditions.

Although skin disorders are mostly not life threatening, they heavily influence **patients' quality of life**. All the domains, including physical, mental, and social functioning are affected. Moreover, patients with skin diseases present with increased level of **stigmatization**.

One can also underline that dermatologists are quite frequently confronted with psychiatric disturbances with cutaneous manifestations or cutaneous imaginary symptoms.

Within this group of so-called **psychodermatoses**, let us mention trichotillomania, onychotillomania, or delusional parasitosis.

Another important, not enough deeply studied problem, are **self-inflicted lesions** in dermatology, previously called dermatitis artefacta.

The aim of this Special Issue is to **offer the platform for discussing all above mentioned problems** within clinicians and basic science researchers. We do hope that published papers will contribute to better the understanding of bilateral connections between skin and psyche and will be beneficial for a holistic approach to our patients.

About ESDaP projects

ESDAP-Study II: Body image and stigmatization

After the successful conductance of a first ESDAP Study on the psychological burden of skin diseases (e.g. Dalgard et al., 2015, Journal of Investigative Dermatology), a second large multi-center study was set up by members of the European Society for Dermatology and Psychiatry.

This second study is referred to as „ESDAP study II“ and focuses on body image impairment and stigmatization in patients with common skin diseases in comparison to healthy skin controls.

For more details regarding the outcome variables of this study also see the published [study protocol](#) (Dalgard et al., 2018; BMJ Open).

Researchers from 22 different study centers in 16 countries participated in ESDAP-study II.

Data collection was completed in December 2019. In total 5487 patients with different skin diseases and 2808 healthy skin controls are included.

Currently data analysis and writing of the first two articles are in process. The first publication focuses on body dysmorphism and the other article addresses stigmatization in patients with skin conditions compared to healthy skin controls.

The first publication is planned for the spring 2021.

New members

Buinauskaitė Evelina (P)
Dikmans Rieki (NL)
Goyal Vibhor (IN)

Fellows Jodie (UK)
Krajewski Piotr (PL)
Mathews Marine (B)

Mohand Abishek (B)
Pandya Ishan (IN)
Stefaniak Aleksandra (PL)

Tarek Ali (Iraq)
Taylor Ruth (UK)
Tolmenovic Helena (PL)

Vandersichel Elise (B)

Psychodermatology around the world

Argentina

During 2020 ADEPSI carried on with its academic activities through its Online Course on Psychodermatology which was delivered by different members of the institution and lasted for approximately 4 months to great acclaim in both Argentina and Latin America.

ADEPSI participated in several online talks on atopic dermatitis open to the general public, as well as conferences hosted by international universities and also took part in both CILAD and RADLA 2020 events.

Belgium

The Belgian group IFTS is preparing an online course on communication skills in French to be launched in September 2021.

France

The French Psychodermatology Group has organized a large survey to evaluate the consequences of the first lockdown on the French dermatologists.

Exactly 800 dermatologists completed the survey.

- The number of cancelled or rescheduled appointments was very high, with a huge financial impact for private practitioners.
- Stigmatization was also reported.
- Anxiety and a feeling of increased stress were very frequent.
- Increased substance use was also reported.

The impact of the COVID-19 pandemic and lockdown was high, with risks to their own health, profound changes in their practice, and financial and psychological impact.

JAPAN

Dr. Makoto Hashiro was re-elected as a president of the Japanese Society of Psychosomatic Dermatology in January 2020.

The 11th meeting of the Japanese Society of Psychosomatic Dermatology will be held on 24 January 2021 in Tokyo. This is a hybrid meeting including a face to face meeting and a virtual meeting.

USA

Association for Psychocutaneous Medicine of North America conducted joint studies about the knowledge and awareness of Psychodermatology among dermatologists in different regions of the world including Albania, China, Egypt, India, and Iran.

The annual meeting in March 2021 is cancelled because of Covid-19 pandemic.

New publications from our members

[Position statement of the European Academy of Dermatology and Venerology Task Force on Quality of Life and Patient Oriented Outcomes on quality of life issues in dermatologic patients during the COVID-19 pandemic.](#)

Chernyshov PV, Tomas-Aragones L, Augustin M, Svensson A, Bewley A, Poot F, Szepletowski JC, Marron SE, Manolache L, Pustisek N, Suru A, Salavastru CM, Blome C, Salek MS, Abeni D, Sampogna F, Dalgard F, Linder D, Evers AWM, Finlay AY. J Eur Acad Dermatol Venereol. 2020 Aug;34(8):1666-1671. doi: 10.1111/jdv.16720. Epub 2020 Jun 29. PMID: 32498128

[Methods to improve quality of life beyond medicines. Position statement of the European Academy of Dermatology and Venerology Task Force on Quality of Life and Patient Oriented Outcomes.](#)

Finlay AY, Chernyshov PV, Tomas Aragones L, Bewley A, Svensson A, Manolache L, Marron S, Suru A, Sampogna F, Salek MS, Poot F. J Eur Acad Dermatol Venereol. 2020 Oct 23. doi: 10.1111/jdv.16914. Online ahead of print. PMID: 33094518

[Quality of life measurement in occupational skin diseases. Position paper of the European Academy of Dermatology and Venerology Task Forces on Quality of Life and Patient Oriented Outcomes and Occupational Skin Disease.](#)

Chernyshov PV, John SM, Tomas-Aragones L, Garron S, Manolache L, Bewley A, Evers AWM, Szepletowski JC, Marron SE, Manolache L, Pustisek N, Suru A, Salavastru CM, Tiplica GS, Salek MS, Finlay AY. J Eur Acad Dermatol Venereol. 2020 Sep;34(9):1924-1931. doi: 10.1111/jdv.16742. Epub 2020 Jul 13. PMID: 32662100

[Selection process of measures for core outcome set should utilize the highest methodology level and should be maximally free of bias. Comment on 'IDQoL, CDLQI and the 45-item CADIS received a sufficient content validity rating during the HOME VII meeting in Japan: a group discussion study'. Comment on 'IDQoL, CDLQI and the 45-item CADIS received a sufficient content validity rating during the HOME VII meeting in Japan: a group discussion study'.](#)

Chernyshov PV, Tomas Aragones L, Salavastru CM, Sampogna F, Boffa MJ, Poot F, Bettoli V, Pustisek N, Evers AWM, Bewley A, Marron SE, Abeni D, Svensson A, Szepletowski JS. J Eur Acad Dermatol Venereol. 2020 Sep 4. doi: 10.1111/jdv.16921. Online ahead of print. PMID: 32885856

[Psychocutaneous diseases: in search of a common language.](#) Mostaghimi L, Jafferany M, Tausk F. Int J Dermatol. 2020 Jun;59(6):e195-e199. doi: 10.1111/ijd.14743. Epub 2019 Dec 17. PMID: 31846056 No abstract available.

[Multidisciplinary and Holistic Models of Care for Patients With Dermatologic Disease and Psychosocial Comorbidity: A Systematic Review.](#)

Patel A, Jafferany M. JAMA Dermatol. 2020 Jun 1;156(6):686-694. doi: 10.1001/jamadermatol.2020.0394. PMID: 32347896

[Psychodermatology knowledge and awareness in Chinese dermatologists: Results of a survey study.](#)

Zhou T, Zhang Y, Zhang Y, Sun F, Jafferany M, Zhang E. Dermatol Ther. 2020 Dec 12:e14668. doi: 10.1111/dth.14668. Online ahead of print.

[Depression Literacy Among Dermatologists: An Online Survey Study in India.](#)

Uvais NA, Latheef ENA, Hafi B, Jafferany M, Razmi MT, Afra TP. Prim Care Companion CNS Disord. 2020 Nov 19;22(6):20m02608. doi: 10.4088/PCC.20m02608. PMID: 33217228 Free article.

[Delusional infestation: Clinical presentations, diagnosis, and management.](#)

Torales J, Garcia O, Barrios I, O'Higgins M, Castaldelli-Maia JM, Ventriglio A, Jafferany M. J Cosmet Dermatol. 2020 Dec;19(12):3183-3188. doi: 10.1111/jocd.13786. Epub 2020 Oct 24. PMID: 33098221 Review.

[Psychodermatology of acne: Psychological aspects and effects of acne vulgaris.](#)

Stamu-O'Brien C, Jafferany M, Carniciu S, Abdelmaksoud A. J Cosmet Dermatol. 2020 Oct 8. doi: 10.1111/jocd.13765. Online ahead of print. PMID: 33031607

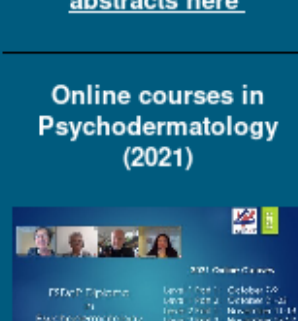
If you have information you wish to share with the members, please send it to esdap.newsletter@gmail.com.

Thanks for reading,

Françoise Poot, Anthony Bewley & Jacek C Szepletowski

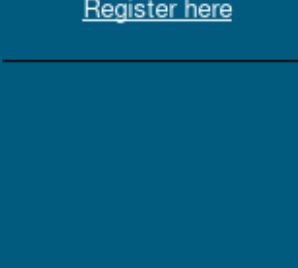
ESDaP congress

London
11-13 June 2021



[Register and send abstracts here](#)

Online courses in Psychodermatology (2021)



Basic course
October
7-9 & 21-23

Advanced course
November
11-13 & 25-27

[Register here](#)

