



December 2014

## ESDaP Christmas newsletter

**ESDaP cherishes its members,  
particularly its youngest!**

Dear members,

We wish you all a Merry Christmas and a Happy New Year!  
We are glad to announce the agreements taken at our last Executive Committee Meeting regarding membership issues for 2015.

> There will be a **reduced membership fee** of 35 euros yearly for trainee doctors and psychologists, during the time of their internship (maximum of three years).  
So, please encourage your working companions to join ESDaP.

> There will be a 500-euro **congress grant** awarded to one ESDaP member to help cover the expenses of the St Petersburg Meeting.

Applications for this grant are to be sent to the ESDaP Secretary General, Lucia Tomas-Aragones.

The applications should consist of a motivational letter explaining why the grant is being requested and highlighting the interest, clinical work and research in Psychodermatology.

A committee will study all the applications and vote on the winning candidate.

> **Three Poster Prizes** of 100 euros each will be awarded during the St. Petersburg Congress. Try to be one of the lucky winners!

> And remember, you may opt for the **reimbursement of a paper on Psychodermatology** that has been accepted in Acta Dermato-Venerologica if you appear as first author.

We invite residents and practitioners to come to our next ESDaP Congress in St. Petersburg. There is a reduced registration fee for ESDaP members. It will be a wonderful opportunity to share and spread knowledge on Psychodermatology worldwide.

## Towards the next congress

## Saint Petersburg, 2015

Dear friends,

With great pleasure we would like to remind you that the 16th ESDaP congress will take place from 25th till 27th of June, 2015 in Saint-Petersburg (Russia).



Preparations for the congress are well advanced and there is an interesting program featuring lectures from leading scientists and opinion leaders from Europe, USA, Japan, Russia, as well as other parts of the world.

Today the website [www.esdap2015.org](http://www.esdap2015.org) of the congress works in full force. The first participants of the 16th ESDaP congress have already registered.

Section meetings of the congress will be devoted to frontiers in research regarding important themes such as Quality of Life of Patients with Chronic Dermatoses, Psychosocial Aspects of Individualized Diagnostics and Therapy (including biologics) in Dermatology, to Psychosomatic Aspects of Psoriasis, Socially Significant Problems in Patients with Atopic Dermatitis, Acne, Dermatocology, Pathogenesis and Treatment of Itch, Psychosomatic Aspects of Aesthetic Medicine etc.

The easiest way to register is at the web page [www.esdap2015.org](http://www.esdap2015.org), which includes special presents from the organizing committee for early registered participants (before the 1st of March, 2015).

Last day of Abstract's submission is the 15th of March, 2015. The abstracts of the congress will be published in Acta Dermato-Venerologica Scandinava (ISI Impact Factor 2013: 4.244).

We are looking forward to your enthusiastic participation in this important event, to establish new collaborations, and to work together for the further development of psychodermatology worldwide!

## New members



**Lina R. Khoury** is a trained nurse with interests in the psychosocial aspects of health and disease. She is currently pursuing a combined Master's-Ph.D. programme, and studies patient-focused interventions in clinical decision-making, along with developing effective support systems for psoriasis patients. She is currently working at Department of Dermato-Allergology, Copenhagen University Hospital Gentofte, Hellerup, Denmark.



**Dalila Maier** is a licensed physician and a specialist in dermatology and venereology of the University of Medicine and Pharmacy "Iuliu Hatieganu", Cluj- Napoca, Romania; working in the private practice in Targu Mures, since 2008. The special fields of interest are LASER therapy, dermoscopy, oncodermatology, ichthyosis (a founding member of ARICO).

## Esdap study publication

The European Society for Dermatology and Psychiatry conducted a **large-scale multicenter study in 13 countries across Europe to assess the psychological comorbidity amongst dermatological patients.**

The contribution of psychological disorders to the burden of skin disease has been poorly explored and this is the first international study to ascertain the association between depression, anxiety and suicidal ideation with various dermatological diagnoses.

In each dermatology clinic, 250 consecutive adult out-patients were recruited to complete a questionnaire, reporting socio-demographic information, negative life events and suicidal ideation; depression and anxiety were assessed with the Hospital Anxiety and Depression Scale.

A clinical examination was performed. A control group was recruited among hospital employees. There were 4994 participants, 3635 patients and 1359 controls.

Clinical depression was present in 10.1% patients (controls 4.3%, Odds Ratio 2.40 (1.67- 3.47)).

Clinical anxiety was present in 17.2% (controls 11.1%, OR 2.18 (1.68- 2.82)).

Suicidal ideation was reported by 12.7% of all patients (controls 8.3%, OR 1.94 (1.33-2.82)).

For individual diagnoses, only patients with psoriasis had significant association with suicidal ideation.

The association with depression and anxiety was highest for patients with psoriasis, atopic dermatitis, hand eczema and leg ulcers.

These results identify a major additional burden of skin disease and have important clinical implications. Accepted JID 21 Nov 2014

Florence Dalgard, Uwe Gieler, Lucia Tomas-Aragones, Lars Lien and Joerg Kupfer.

## EADV trainee course

EADV Fostering course PSYCHE AND THE SKIN

*A relational approach for better dermatological outcomes*

14-18/07/2014, Brussels - Belgium



We were an international group of students from different countries, different universities and different clinical settings.

Few of us having a good psychodermatology clinic in our department whereas for most of us, like myself, psychodermatology was an enigma. Something we could hardly use in our daily practice and training.

The course was an enlightening experience. It gave us an insight not only into the psyche of the patient but also into our own psyche: how we get affected by the patient, our frustration towards the patients and the reasons.

The course made me understand my behaviour as a young doctor better and will help me in becoming a more mature, responsible, empathetic but unattached doctor.

Lakshmi BHUVANESWARAN KARTHA,  
JIPMER, PUDUCHERRY, INDIA

If you have information you wish to share with the members, please send it to [esdap.newsletter@gmail.com](mailto:esdap.newsletter@gmail.com).

Thanks for reading,

Françoise Poot & Lucia Tomas

**Don't forget the next  
congresses!**

**World congress of  
Dermatology in  
Vancouver**

June 8-15 2015

We have booked a full day in Vancouver WCD on the 8th of June 2015 for a meeting together with the APMNA and JPSP.

[Visit the website](#)

**Next ESDaP Congress  
in Saint Petersburg**

June 25-28 2015

[Visit the website!](#)

## Clinical Case



## QUIZ

57 year old lady

Since 6 months, alopecia patches over the scalp, occasionally itching.

[See the full clinical case](#)