

## THE RELATIONSHIP BETWEEN EMOTIONAL ASPECTS AND PSYCHODERMATOSES: A BIBLIOGRAPHICAL REVIEW

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**Abstract:** To analyze, in scientific productions, the influence of emotional aspects on psychodermatoses, dermatological conditions influenced by emotional factors, such as stress, anxiety and depression. **Methodology:** This is an integrative bibliographic review with searches in the databases, PubMed, Scielo and Google Scholar, using the terms “Psychiatric”, “disorders”, “psychodermatoses”, “emotional”, “aspects”, “anxiety disorder”, “depression”, “stress” in the last five years. **Results:** 502 articles were found from the descriptors used, but after applying the filters of the last five years this research universe fell to 118 articles, which after initial reading were discarded because they did not correspond to the focus of this review, thus remaining 15 articles that can contribute to the objectives of this research. **Conclusion:** It is essential that public health policies recognize the importance of comprehensive care for dermatoses and support the adequate training of health professionals. Only this way can we continually improve the treatment and well-being of patients, considering both the physical and emotional aspects of their skin health. This research reminds us that, as health professionals, our commitment must be to the comprehensive care of our patients, recognizing that mind and skin are intertwined in a complex relationship that deserves our full attention and care. It is clear that interdisciplinary collaboration between dermatologists, psychologists and psychiatrists is essential to effectively deal with patients’ emotional issues.

**Keywords:** Psychiatric disorders, psychodermatoses, emotional aspects, anxiety disorder, depression, stress.

## INTRODUCTION

According to the Brazilian Society of Dermatology (SBD), one in three dermatological patients have skin problems caused by emotions, including stress, anxiety and depression. Although there are no more precise statistics, it is estimated that 3% of the world's population suffers from psychodermatoses. The most common conditions are atopic dermatitis, psoriasis, vitiligo, scaling, hair pulling and self-mutilation.

Silva et al (2018) point out that Psychodermatology employs a range of medical and psychological knowledge in the treatment of dermatoses, and is an area that has increasingly integrated doctors and psychologists in this search for an understanding of skin diseases. This area seeks to evolve by relating dermatological diseases to psychiatric pathologies, so that, through an interdisciplinary team, the most effective strategy can be revealed in view of the complexity of the symptoms presented by the patient.

For Machado (2021), both psychiatric and psychological factors play different roles in the pathogenic mechanism of skin diseases. First, psychological symptoms may arise and these may exacerbate the underlying dermatological disease. Psychiatric disorders may present secondary and usually self-induced skin manifestations. The underlying psychiatric disorder may be a psychotic condition, an obsessive-compulsive disorder, anxiety, depression, impulse control disorder or personality disorder." (MACHADO, 2021).

The clinical diagnosis is often made objectively, but in some cases the lesions may simulate other dermatoses, making a thorough evaluation essential. Some patients with psychodermatological pathology demonstrate resistance to concomitant treatment by a mental health professional.

The objective of this research is to understand, through an integrative bibliographic review, using as databases, the search in the main research media such as Scielo, Google Scholar, Pubmed, the influence of emotional aspects on psychodermatoses.

## METHOD

To achieve the proposed objectives, this research was carried out through an integrative literature review, through bibliographic research. Scientific articles from the last 5 years in English, Portuguese and Spanish will be consulted, with relevant information that addresses the relationship between emotional aspects and psychodermatoses. Initially, an integrative bibliographic review will be carried out, based on research sources such as PubMed, Scielo and Google Scholar. This will involve searching for scientific articles related to the influence of emotions on skin diseases. The integrative bibliographic review allows a comprehensive analysis of existing research on the subject.

The identification and selection of studies will be done through a search, where titles and abstracts will be analyzed to verify their relevance to the research theme. The inclusion criteria will be rigorously applied to select articles that are pertinent to the relationship between emotions and psychodermatoses.

The selected articles will be subjected to an analysis, involving the identification of relevant themes, trends and patterns related to the influence of emotions on skin diseases. This analysis will help to respond to the specific objectives of the research.

The results will be summarized and discussed in detail. The relationships between emotional aspects and psychodermatoses will be explored, highlighting key findings and clinical implications.

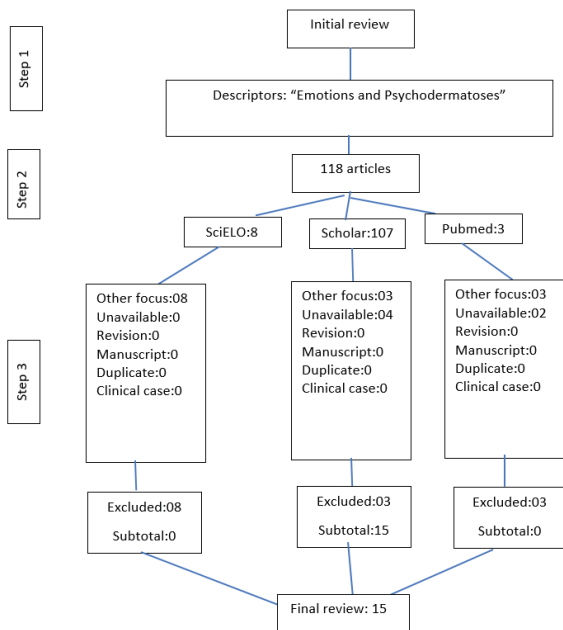
This systematic review was conducted between June and September 2023, allowing for an in-depth and comprehensive analysis of this relationship between emotional aspects and psychodermatoses. Initially, the survey identified 502 articles based on the descriptors used, but since the objective would be only articles published in the last 5 years, that is, more up-to-date articles, when applying this filter, there was a significant reduction to only 118 articles, which after an initial reading of the title and abstract of the research were discarded because they did not correspond to the focus of this review, thus leaving 15 articles that can contribute to the objectives of this research.

## DISCUSSION

Research has shown that the relationship between emotions and skin health reveals a complex and interconnected network of factors that influence the appearance and health of the skin, as well as the emotional well-being of individuals. Understanding this intricate relationship is essential in order to explore this connection between human emotions and skin health, offering valuable information for clinical practice and patient well-being. The skin and the nervous system share an embryonic ancestor, which establishes a solid foundation for the interaction between mind and skin throughout life. This early connection lays the foundation for the continuous interaction between the mind and skin throughout life (BLANCHARD, 2021).

Current research supports the idea that emotional health directly influences skin health (BOTELHO, SANTOS AND FARIA, 2020), with significant implications for clinical practice. Psychodermatoses are skin conditions that reflect the direct influence of emotions. Studies indicate that out of every 10 patients, it is estimated that 3 to 5 patients with psychodermatoses may have emotional problems related to their condition (PASTORE, 2017). Self-esteem and mental health are intrinsically linked to skin health, with initiatives emerging for a more comprehensive and collaborative approach to dermatological treatment.

The comprehensive medical care approach, which considers not only the physical but also the emotional aspect of the patient, is an ancient tradition that continues to evolve. The constantly growing understanding of the relationship between emotions and skin health opens new perspectives for dermatological treatment, promoting a more holistic approach. Several dermatological conditions, including psoriasis, atopic dermatitis, acne, alopecia areata, eczema, rosacea and chronic



## RESULTS

A total of 118 articles were identified from the descriptors used, after analyzing the articles, 103 articles were excluded because they did not correspond to the focus of this review, the table below shows the search results between 2018 to 2023.

The table 2 displays the main results and respective conclusions of the authors of the articles analyzed in this systematic review.

REFERENCE	GOALS
Machado, 2021, Porto	Systematization of the most common psychodermatoses in clinical practice, taking into consideration, differential diagnoses.
Souza et al, 2020, Minas Gerais	Analyze the importance of multidisciplinary evaluation of individuals affected by psychodermatoses, seeking the relationship between psychological and biological factors in stressful situations.
Botelho et al, 2022, Curitiba	Review the disease psoriasis, as well as relate it to its psychosomatic aspects.
Danilisz, Quadros e Wisniewski, 2020, Ponta Grossa	This work is based on a bibliographic study of the influences present between soma and psyche, mainly with regard to psychodermatoses.
Rua et al 2021, Minas Gerais	This article sought to discuss the relationship between psoriasis and depression, intending to present information that correlates how the worsening of psoriasis can intensify depressive symptoms, as well as how the increase in depressive symptoms can lead to the progression of psychodermatosis.
Oliveira et al 2022, Curitiba	The aim of this study was to analyze the dermatological manifestations and their reaction with anxiety.
Nunes, 2022,	Analyze the correlation of stress with the (re)occurrence of atopic dermatitis in adult patients
Melo et al 201	The study aimed to analyze how these aspects can lead to the emergence, recurrence or worsening of the clinical picture.
Perin et al, 2023, Umuarama	Evaluate the evidence available in the literature on the relationship between psoriasis and psychosomatic aspects
Oliveira et al 2023, Minas Gerais	This article is, therefore, an integrative review that aimed to analyze the effectiveness of psychiatric/psychotherapeutic treatment in improving the quality of life of patients with psychodermatological diseases.
Rodrigues, Perez and Silva, 2019	Conduct a bibliographic review on the effects of cortisol on aesthetic dysfunctions and demonstrate to health and beauty professionals the importance of understanding the physiology of psychological disorders, how they influence aesthetic dysfunctions and their treatments.
Pereira (mara, 2019) and Pereira (Míria, 2019)	The present study aimed to reflect on the relationship between stress, anxiety and depressive symptoms, and body image dissatisfaction in rosacea sufferers, highlighting the impact of stress on the symptoms of anxiety and depression.
Dinis et al, 2022	The aim of understanding the psychological impact of dermatoses on the quality of life of those affected
Carvalho,2022, Atibaia	It aims to describe the phenomenon of psychosomatics, through the contributions offered by psychoanalysis.
Oliveira, 2021, São Paulo	To assess the frequency of depression and anxiety, the perception of the disease and its impact on the quality of life of patients with dermatological diseases.

Table 1: Characterization of studies selected between 2018-2023

REFERENCE	MAIN RESULTS	CONCLUSIONS
Machado 2021	The prevalence of psychosomatic disorders among dermatological patients is high, but often underreported due to difficulties in their diagnosis and treatment.	Given that patients seek dermatology for treatment of their skin problems, and that they often refuse psychiatric intervention, dermatologists play an important role in diagnosing these pathologies and treating skin lesions.
Souza et al, 2020	After a stressful situation, through different mechanisms, the release of several neuropeptides and neurotrophins is triggered, which have pro-inflammatory effects, mainly through the activation of mast cells, leading to neurogenic inflammation.	The importance and psychosocial impact the therapeutic approach must be multidisciplinary, involving primary care physicians, dermatologists, psychiatrists and psychologists, with the aim of enabling the treatment of psychodermatoses in their full complexity

Botelho et al, 2022	Its etiology is still uncertain and several studies address this topic, but it can be stated that genetic factors and the immunological response to external stimuli, such as stress, anxiety and depression, that is, emotional factors are intrinsically linked to the onset and progression of the disease.	as it is considered a psychosomatic illness, multidisciplinary monitoring is necessary, as well as a mind-body interrelationship, so that there is no extension of the patient's clinical condition and greater psycho-emotional impairment.
Danilisz, Quadros e Wisniewski, 2020	Through the analysis of the available literature, it was verified the importance of considering the human being as a subject in its completeness, where psyche and soma are intertwined at all times, and where a psychological disorder can trigger a physical illness.	It must be noted that dermatitis leaves visible marks and scars on the skin, which are sometimes very difficult to hide. This causes certain social problems for those suffering from these diseases. We are, above all, a product of the social environment in which we live, of the social relationships we establish. Our self-esteem is also built on our relationships with others, and when faced with a visible skin condition, there is a risk of having it lowered.
Rua et al 2021	It has been demonstrated that antidepressant treatment contributes to the management of dermatological pathology, just as Tumor Necrosis Factor (TNF) inhibitors, used in the treatment of psoriasis, contribute to the improvement of depressive symptoms.	A multidimensional treatment is necessary, taking into consideration, the psychological, social and physical well-being aspects, since psoriasis has no cure and treating depression would minimize the adverse effects of this dermatosis.
Oliveira et al, 2022	It was observed that, although there is a very significant number of studies on this relationship, few clinical analyses have been carried out.	The results show that the individual's psychological conditions can cause or worsen skin lesions.
Nunes 2022	The research results indicate that most people with atopic dermatitis report that their symptoms worsen when they are stressed, anxious or worried.	The triggers that cause exacerbations of atopic dermatitis, in addition to chemical agents, can be the climate, infections, and emotional factors that include stress and changes in emotional state. Stress is one of the main factors in the exacerbation of the disease.
Melo et al 2019,	Psychological factors, stress and other life events can worsen 40 to 80% of cases.	The importance of psychological and physiological treatment was demonstrated, as well as the need to develop coping strategies to deal with the social situations involved.
Perin et al 2023	Evidence was found that the stigmatization that patients suffer influences the increased severity of the disease, requiring psychocognitive-behavioral treatment together with the treatment of the general signs and symptoms of the disease.	It was possible to conclude that there are well-founded studies correlating psychosomatic medicine and psoriasis, in addition to the fact that several factors that affect body homeostasis cause nervous alterations and consequently affect skin cells. The results revealed high levels of stress, anxiety and depression in patients suffering from psoriasis, atopic dermatitis, acne, primary focal hyperhidrosis and chronic eczema. It was possible to conclude that stress influences all aspects of life and the human body, especially aesthetic dysfunctions, which demonstrates the importance of providing the client with multidisciplinary treatment.
Oliveira et al 2023	Suicidal behavior has been observed in more serious situations. In addition, some psychological disorders contribute to the worsening of existing skin problems. Many patients develop emotional problems secondary to the dermatological disease, mainly due to low self-esteem.	The results revealed high levels of stress, anxiety and depression in patients suffering from psoriasis, atopic dermatitis, acne, primary focal hyperhidrosis and chronic eczema.
Rodrigues, Perez e Silva, 2019	They often present stress as a triggering and/or aggravating factor.	It was possible to conclude that stress influences all aspects of life and the human body, especially aesthetic dysfunctions, which demonstrates the importance of providing the client with multidisciplinary treatment.
Pereira (Mara, 2019) e Pereira (Míria, 2019)	From this study we conclude that although Psychodermatology is a relatively new area, it has only gained recognition among researchers in recent years.	Therefore, it is necessary to reflect on the state of vulnerability that rosacea sufferers present due to the disfigurement of skin disorders mainly in the facial region, causing susceptibility to low self-esteem in these individuals, which can generate high levels of stress resulting in manifestations of anxiety and depression.



Dinis et al, 2022	Even if dermatological manifestations are not triggered by psychological factors, they can be aggravated by them, altering the body's response to treatments.	Conflicts and emotions can manifest themselves through the body and skin, becoming visible and susceptible to social reactions that are often prejudiced and discriminatory. The impact of these relationships can intensify psychosomatic symptoms and trigger comorbidities such as anxiety and depression, directly interfering with the quality of life of dermatological patients.
Carvalho 2022	Psychoanalysis was one of the first theoretical lines that studied the interactivity between mental and physical aspects, considering that what is psychic and somatic affect each other mutually, with the symptom being a formation of the unconscious.	It is concluded that the current status of psychosomatics is the result of diverse contributions and approaches, resulting in a multidisciplinary area of study and practice.
Oliveira, 2021	Low depression and anxiety scores were found; perception predominantly negative about the disease; and moderate negative effect of dermatological diseases on quality of life.	Patients with allergies (62.5%) and pemphigus (60%) had a higher frequency of depression, and patients with allergies (52.63%) and patients with more than one dermatological disease (50%) had a higher frequency of anxiety.

Table 2: Main Results and Conclusions about Emotions and Psychodermatoses between 2018-2023

urticaria, are intrinsically linked to patients' emotions (OLIVEIRA AND ARAGÃO, 2023). Anxiety, depression, and other emotional manifestations often accompany these conditions, affecting the quality of life of individuals.

Therapeutic approaches, such as cognitive behavioral therapy and the use of anti-anxiety medications, have been shown to be effective in reducing the emotional impacts of these dermatological conditions.

Dermatologists play a key role in recognizing and supporting patients' emotional issues. Interdisciplinary collaboration between dermatologists, psychologists, and psychiatrists is essential for a comprehensive approach to dermatological conditions with emotional influences (REIS, 2023). It is crucial that public health policies recognize the importance of comprehensive care for dermatoses and support the adequate training of health professionals. These results demonstrate the complex interconnection between human emotions and skin health, highlighting the need for a holistic approach in dermatological practice. As we continue to unravel this relationship, we hope to improve the treatment and well-being of patients by considering both the physical and emotional aspects of their skin health.

## CONCLUSION

As we gain a better understanding of the influence of emotions on skin diseases, it becomes clear that this connection is much more than a simple coincidence. This study has revealed a complex and interconnected network of factors that not only shape the appearance and health of the skin, but also have a profound impact on the emotional well-being of individuals. First, understanding the common origin between the brain and the skin, established during embryonic development, sheds light on the intricate relationship between mind and skin throughout life (MACHADO, 2021). This early connection provides a solid foundation for understanding how our emotions can directly affect skin health, with significant implications for clinical practice. The results of this study also highlight the relationship between common dermatological conditions and the emotional impact they have on patients. Diseases such as psoriasis, atopic dermatitis, acne, alopecia areata, eczema, rosacea and chronic urticaria are intrinsically linked to patients' emotions (OLIVEIRA E ARAGÃO, 2023).

Ultimately, healthcare professionals play a crucial role in identifying and supporting patients' emotional issues. Interdisciplinary collaboration between dermatologists,

psychologists, and psychiatrists is essential for a comprehensive and effective approach to emotionally-influenced dermatological conditions (ROSSI AND NOBRE, 2023).

However, it is important to highlight that, although this research has clarified many aspects of the relationship between emotions and skin health, there is still much to learn. It is essential that public health policies recognize the importance of comprehensive care for dermatoses and support the adequate

training of healthcare professionals. Only this way will we be able to continuously improve the treatment and well-being of patients, considering both the physical and emotional aspects of their skin health. This research reminds us that, as healthcare professionals, our commitment must be to the comprehensive care of our patients, recognizing that mind and skin are intertwined in a complex relationship that deserves our full attention and care.

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