

APicardi et al. Psychotherapy and psychosomatics. May (2001) Vol.70 p 118.

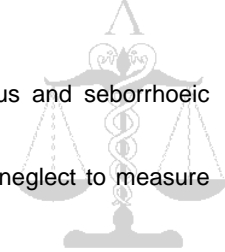
Review of the evidence for associations between stress and skin disease.

Reports of an association between stress and skin disease are legion. However, few have made use of recognised stress measurement tools, and few were prospective. The usual study design is not able to determine whether perceived excessive pressures preceded or succeeded the diagnosis or manifestation of skin disease. In any case, the tools used to measure stress are still of doubtful accuracy.

Specific opinion:

The case of an association of stress with vitiligo, lichen planus, acne, pemphigus and seborrhoeic dermatitis is unclear.

Links with psoriasis, atopic dermatitis and urticaria is clearer, but studies tend to neglect to measure confounders.



Comment

Assuming the review was truly objective and inclusive, the evidence of a causal link between stress and skin disease is tentative. Medical opinion may be out of proportion to the strength of the evidence.
