

Contents

	<i>Preface</i>	xi
	<i>Acknowledgments</i>	xiii
1	Introduction	1
	Carl Walker	
	Skin disease and psychology: a multitude of links	2
	Skin disease and body image	4
	Self-schema(s) and body image	5
	The psychological impact of skin disease	6
	Management	7
	Theoretical models and psychodermatology	8
	The diatheses–stress paradigm	8
	Stress and dermatology	9
	About the book	9
2	Psychoneuroimmunology	15
	Leslie Millard	
	Introduction	15
	History	16
	Afferent pathway	17
	Efferent pathway	18
	Responses	18
	The neuroendocrine pathway	19
	Changes in disease	20
	Cytokines in depression and anxiety	21
	Inflammatory skin disease	21
	Atopic eczema	21

vi	Contents	
	Psoriasis	23
	Cutaneous viral infections	24
	Conclusion	24
3	Psychiatric comorbidity in dermatologic disorders	29
	Madhulika A. Gupta	
	Introduction	29
	Major depressive disorder	30
	Obsessive–compulsive disorder	34
	Social phobia (social anxiety disorder)	35
	Post-traumatic stress disorder	35
	BDD and other body image pathologies	36
	Delusional disorder and other psychotic symptoms	37
	Personality disorders	38
	Conclusion	39
4	Stigmatisation and skin conditions	44
	Gerry Kent	
	What types of stigmatisation do people encounter?	45
	What is the nature of these experiences?	47
	Why does stigmatisation occur?	48
	What effects does stigmatisation have?	49
	Why does stigmatisation matter?	50
	How might stigmatisation be reduced?	51
	Future research	52
5	Coping with chronic skin conditions: factors important in explaining individual variation in adjustment	57
	Andrew Thompson	
	Introduction	57
	Defining ‘skin conditions’	57
	What do people living with chronic skin conditions have to cope with?	58
	The symptoms and their treatments	58
	The social and psychological impact of skin conditions	58
	Individual variation in the psychosocial impact	60
	Explanatory factors in coping and adjustment	60
	Disease and treatment factors	61

vii	Contents	
	Predisposing developmental factors	63
	Ongoing sociocultural factors	63
	Cognitive factors: personality characteristics and core beliefs	64
	Coping	65
	Conclusion	66
6	Skin disease and relationships	72
	Litsa Anthis	
	In sickness and in health	72
	Coping and adjustment	73
	Attachment styles	75
	Appearance, attraction and shame	76
	Difficulties in communication	77
	Changes in social networks	79
	Body image and sexual intimacy	80
	Relationship-focused coping	81
	Conclusion	83
7	The impact of skin disease on children and their families	89
	Penny Titman	
	The impact of skin disease on psychological well-being of the child and family	90
	Theoretical models of the psychological impact of skin disease during childhood	91
	The impact of skin disease on the mother–child relationship	92
	The impact of skin conditions on self-esteem	95
	Accessing psychological services for children with skin conditions	97
	Summary	98
8	Psychological therapies for dermatological problems	101
	Linda Papadopoulos	
	Introduction	101
	Psychosocial impact of skin diseases	102
	Psychological approaches to treatment for dermatological conditions	105
	Behaviour therapy	106
	Cognitive–behavioural therapy	107

viii	Contents	
	Psychoanalytic psychotherapy and hypnosis	108
	Group therapy	109
	Recommendations for treatment	110
	How can therapy help in the treatment and management of dermatology patients?	111
	Levels of counselling	111
	Information giving (education)	111
	Implications counselling	111
	Supportive counselling	111
	Psychotherapeutic counselling: therapy	112
	Conclusion	112
9	Research methodology in quality of life assessment	116
	Andrew Finlay	
	Introduction	116
	What is quality of life?	116
	Why QoL measurement is important?	116
	Development of QoL research in dermatology	117
	Methods of creation of measures	118
	Validation techniques	119
	Methodology available	121
	Dermatology-specific measures: adults	121
	Dermatology-specific measures: children	121
	Disease-specific measures	121
	Other disease-specific measures	122
	Critical reviews of methodology	122
	Use of methods	122
	Therapeutics	122
	Health service research	122
	Epidemiology: national surveys	122
	Patient disease interaction	123
	Recent further DLQI validation studies	123
	Psychological symptoms and compliance	123
	Influences affecting QoL	124
	Further research challenges	124
	Declaration of interest	126

ix	Contents	
10	Psychodermatology in context	131
	Carl Walker	
	Introduction	131
	A theoretical framework for skin disease: what do patients know about their own skin disorder?	132
	Identity	133
	Consequences	133
	Causes	134
	Timeline	134
	The importance of personal illness beliefs and stigma regarding skin disease	134
	Skin disease and psychotherapy: an example of how psychology can help	137
	The case of Jake	138
	The body as aesthetic object	139
	Psychology and treatment	139
	The professional perspective	140
	Psychodermatology: the multidiscipline	141
	A framework for the future	142
	<i>Index</i>	145