Coping with psoriasis: a qualitative study of patients’ self-identified coping responses and self-care strategies

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BACKGROUND: Psoriasis affects 2% of the UK population and impacts on quality of life, psychological and social functioning. Little is known about the self-identified coping strategies used by people with psoriasis.

OBJECTIVES: The aim was to explore perspectives of people with psoriasis about coping responses and self-care strategies.


RESULTS: Respondents reported a range of strategies to cope with the distress associated with psoriasis and support their practical, psychological and social functioning. These included: concealing or minimising the condition; strict adherence to self-care regimes and improving general physical health; seeking support from GP and specialist services; using social support; expressing emotion; re-framing; disengaging with health care and/or prescribed treatments and; the use of alternative remedies.

CONCLUSION: To enable people with psoriasis to engage more effectively with self-care, health care practitioners should explore their current coping responses and the function of such responses. This would enable provision of tailored support that builds on existing coping strategies.