

## H.15 Cognitive behavioural therapy

Reference	Study type	Number of patients	Patient characteristics	Intervention	Comparison	Length of follow-up	Outcome measures	Source of funding
<p>D. G. Fortune, H. Richards, B. Kirby, S. Bowcock, C. J. Main, and C. E. Griffiths. A cognitive-behavioural symptom management programme as an adjunct in psoriasis therapy. <i>Br.J.Dermatol.</i> 146 (3):458-465, 2002.</p> <p>FORTUNE2002 B</p>	<ul style="list-style-type: none"> <li>• Patient-preference randomization (non-randomised controlled study)</li> <li>• No allocation concealment</li> </ul>	<p>N=93 PSMP, n=40 Standard pharmacological treatment only, N=53</p> <p>Analysed using ITT analysis.</p> <p>Assessed at 6 weeks: 30 PSMP and 42 standard; at 6 months 28 and 30</p> <p>Attrition:</p>	<p>Patients with psoriasis attending speciality clinic in UK.</p> <p>See Table 1</p> <p>Excluded people suffering from any other significant medical condition (e.g. heart disease) and were not diagnoses with any axis II disorder.</p>	<p>6 session CBT programme delivered by medical, clinical psychology, and nursing personnel (PSMP). Duration = 2.5hours</p> <p>The same psychology and nursing staff led each session.</p> <p>Consisted didactic teaching about medical and biological</p>	Standard care - See table 2 for treatments	6 months	Changes in clinical severity of psoriasis as measured by PASI, anxiety as measured by HADS and psoriasis-related life stress scores as assessed by PLSI.	NHS executive research and development programme for physical and complex disabilities grant

		<p>PSMP 25% at 6 wk and 30% at 6 months</p> <p>Standard care: 21% at 6 weeks and 43% at 6 months</p>		<p>basis of psoriasis, stress-reduction techniques, cognitive techniques and homework in relation to individual perceptions.</p>				
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Table 1. Baseline characteristics of patients with psoriasis treated with Psoriasis Symptom Management Programme (PSMP) or standard care and those not interested in participating in the study at induction.

Variable	Psoriasis Symptom Management Programme (PSMP) (n=40)	Standard care (n=53)	Not interested (n=116)
Age (years), mean $\pm$ SD	42.7 $\pm$ 11.6	43.1 $\pm$ 12.0	42.8 $\pm$ 14.1
Duration of psoriasis (years), mean $\pm$ SD	20.6 $\pm$ 11.9	18.8 $\pm$ 11.1	18.9 $\pm$ 13.2
Age at onset of psoriasis (years), mean $\pm$ SD	22.7 $\pm$ 14.2	23.3 $\pm$ 12.3	23.0 $\pm$ 14.7
Clinical severity of psoriasis (PASI), mean $\pm$ SD	10.5 $\pm$ 2.7	9.2 $\pm$ 3.2	9.9 $\pm$ 4.7
Gender: M/F (%)	30/70	35/65	42/58
Family history of psoriasis, 1 <sup>st</sup> or 2 <sup>nd</sup> generation (%)	45%	58%	56%
Anxiety (HADS), mean $\pm$ SD	11.8 $\pm$ 3.8	11.7 $\pm$ 4.6	9.4 $\pm$ 4.8
Depression (HADS), mean $\pm$ SD	7.6 $\pm$ 3.5	8.5 $\pm$ 3.4	5.0 $\pm$ 3.7

Disability (PDI), mean $\pm$ SD	10.1 $\pm$ 6.6	15.4 $\pm$ 11.4	11.5 $\pm$ 8.2
Stress (PLSI), mean $\pm$ SD	21.7 $\pm$ 10.2	25.6 $\pm$ 11.0	23.1 $\pm$ 11.2

\*\*P=0.02, as compared with PSMP and 'not interested'. All other values are not significantly different from each other. PASI, Psoriasis Area and Severity Index; HADS, Hospital Anxiety and Depression Scale; PDI, Psoriasis Disability Index; PLSI, Psoriasis Life Stress Inventory

Table 2. Psoriasis symptom management programme (PSMP) and the standard care patients prescribed topical, systemic or combination of treatments over the course of the study

Time	Type of treatment	Psoriasis Symptom Management Programme (PSMP)		Standard care	
		n	%	n	%
Baseline	Nothing	6	15	1	2
	Topical	24	60	21	40
	Systemic	6	15	21	39
	Combination	4	10	10	19
Total		40		53	
6 weeks	Topical	17	57	16	39
	Systemic	9	30	18	43
	Combination	4	13	8	18
Total		30		42	
6 months	Topical	12	41	12	40
	Systemic	10	38	8	27

	Combination	6	21	10	33
Total		28		30	

Table 3. Mean difference between Psoriasis Symptom Management Programme (PSMP) and standard care groups at 3 time points

Variable	Baseline		6 weeks		6 months	
	t-value	P-value	t-value	P-value	t-value	P-value
Clinical Severity (PASI)	1.96	NS	-2.2	0.03	-2	0.04
Disability (PDI)	-2.44	0.02	-3.33	0.001	-3.05	0.003
Anxiety (HADS)	0.2	NS	-2.8	0.007	-2.92	0.004
Depression (HADS)	-1.07	NS	-4.7	<0.001	-3.29	0.001
Stress (PLSI)	-1.5	NS	-3.9	<0.001	-3.06	0.003

Table 4. Clinical severity of psoriasis as assessed by Psoriasis Area and Severity Index (PASI) at baseline, 6 weeks and 6 months follow-up are presented graphically in paper:

<b>PASI</b>	<b>Psoriasis Symptom Management Programme (mean ± SD clinical severity of psoriasis (PASI))</b>	<b>Standard treatment controls</b>	<b>Mean difference</b>
Baseline	10.5 ± 2.7	9.2 ± 3.2	-1.3 (NS)
6 weeks	6.5 ± 4.1	8.4 ± 4.5	1.9 (p=0.03)
6 months	6.5 ± 4.1	8.0 ± 4.8	1.5 (p=0.04)
PASI75 at 6 months	64%	23%	SS

PASI: Psoriasis Area and Severity Index; PDI, Psoriasis Disability Index; HADS: Hospital Anxiety and Depression Scale; PLSI: Psoriasis Life Stress Inventory; NS: Not significant.

Table 5. Mean anxiety scores, as assessed by Hospital Anxiety and Depression Scale (HADS), for Psoriasis Symptom Management Programme patients and standard care patients (presented graphically in paper):

<b>HADS (anxiety)</b>	<b>PSMP</b>	<b>Standard treatment</b>	<b>Mean difference</b>
Baseline	12 (P=ns)	12	0 (P=ns)
6 weeks	8 (P=0.007)	11	-3 (P=0.007)
6 months	8 (P=0.004)	11	-3 (P=0.004)

Table 6. Mean psoriasis-related life stress scores as assessed by Psoriasis Life Stress Inventory (PLSI) for Psoriasis Symptom Management Programme patients and standard care patients (presented graphically in paper):

<b>PLSI</b>	<b>PSMP</b>	<b>Standard treatment</b>	<b>Mean difference</b>
Baseline	22	26	-4 (P=ns)
6 weeks	15	24	-9 (P<0.001)
6 months	15	23	-8 (P=0.003)