

## **Main Concept: POSITIVE AFFECTS**

### **Individual therapy**

- **Provide emotional support**
- **Relieve stress and tension**

### **Family therapy**

- **Provide emotional support**
- **Relieve stress and tension**

To evaluate quality of life, tools exist that allow both the child's and family's impairment to be considered. ... The ultimate judgment regarding any therapy must be performed by the physician and tailored to individual needs. (Ricci)

**Conclusion:** Psychological stress plays a significant role in triggering or exacerbating dermatological diseases. Our study indicates the role of relaxation therapies and stress management programs in chronic diseases such as psoriasis and chronic urticaria. Psychological interventions can help individuals to reinterpret events and develop strategies to cope with stressful events, thus decreasing morbidity due to these diseases. (Malhotra)

The burden of skin disease can be defined as its effect on the overall health and well-being of an individual and his or her family, as well as the associated economic costs to society as a whole. (Goh 302)

Skin disease can have profound effects on self-esteem, feelings of fitting in, and daily functioning, especially for children (2). In addition, the family may be affected, often experiencing feelings of guilt and frustration (Goh 302)

Support groups or other group interventions are generally believed to be beneficial in the care of pediatric patients and their families. ... They provide a means by which patients can help them develop positive coping strategies, increased treatment compliance, and overall improved quality of life. They also give

members the sense of belonging to a community and diminish feelings of isolation and despair that often accompany a diagnosis like psoriasis. (Goh 302)

. In his article "Role of Stressful Life Events in Induction or Exacerbation of Psoriasis and Chronic Urticaria," S. K. Malhotra proves, "Stressful life events were seen in 26% of the patients in the psoriasis vulgaris group and 16% of the patients in the chronic urticaria group within 1 year preceding onset or exacerbation of skin disease."