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IMPACT OF SEBORRHEIC DERMATITIS MANIFESTATIONS ON QUALITY OF LIFE DURING COVID-19 PANDEMIC

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ABSTRACT

Seborrheic dermatitis is a globally prevalent condition affecting individuals of all ages, influenced by both genetic factors and environmental exposures. These factors can trigger the onset or exacerbation of the condition in those with pre-existing epidermal barrier dysfunction. It presents as a more aggressive form of dandruff, manifesting with pronounced symptoms including red patches or scales on the scalp, and a combination of dry and oily skin. Although not contagious, seborrheic dermatitis can lead to discomfort due to itching, unsightly clothing marks, and even social unease. This dermatological issue, sometimes referred to as seborrheic eczema, can pose diagnostic challenges due to its resemblance to other allergic reactions or skin conditions like psoriasis.

The seborrheic dermatitis market can be segmented based on treatment, diagnosis, dosage form, route of administration, end users, and distribution channels. Understanding the growth within these segments is essential for identifying areas with lower growth potential and providing market stakeholders with valuable insights to make strategic decisions.

This study aims to assess the real impact of the COVID-19 pandemic on the quality of life of seborrheic dermatitis patients in Romania. The findings suggest that the emergence of the COVID-19 virus significantly disrupted public health, exacerbating various skin and systemic conditions, including those affecting the central nervous system (CNS). Over the course of two years, individuals with seborrheic dermatitis have had to adapt to new social norms, such as wearing protective masks and utilizing necessary detergents and disinfectants, which could potentially aggravate their condition.

Keywords: Seborrheic dermatitis, COVID-19, Genetic predisposition

Introduction

Seborrheic dermatitis is a globally prevalent disease in children and adults that is influenced by genetics and environmental exposures that can lead to the onset and/or flare-up of the disease in predisposed individuals with established epidermal barrier dysfunction (1). Seborrhoeic dermatitis is essentially a more aggressive type of dandruff, with more pronounced symptoms such as red patches or scales on the scalp, dry and oily skin (2). Although not contagious, it can cause itching, unsightly marks on clothes and even social discomfort. Dermatitis is actually a eczema also known as seborrhoeic eczema. Because the symptoms are similar to other allergic reactions or similar dermatological conditions such as psoriasisit can sometimes be quite difficult to diagnose (3).

Essentially, this is one of the most prevalent skin conditions present in this century, due to the neurocerebral overload of today's daily life problems (4).

Although seborrheic dermatitis is common among adults and children, the aetiology of the disease is not yet fully understood (5). However, medical practice shows that the causes may include: genetic predisposition (6), stress (4), an abnormal reaction of the body to the fungus Malassezia (5).

In cases of seborrheic dermatitis it overgrowth occurs and the inflammatory response of the skin is a greater secretion of oil than normal (7).

The condition is also associated with obesity, high-calorie diets or deficiencies of zinc or vitamin B in the body (8). Poor hygiene may be an aggravating factor in dermatitis symptoms, but not a cause in itself (9). On the other hand, there are many other risk factors involved.

Determinants of the development of this condition

There are several factors for the development of seborrheic dermatitis: a weakened immune system, such as those of patients diagnosed with HIV/AIDS, who have undergone an organ transplant or as a result of a form of cancer (2); recovery period after a serious medical condition such as a heart attack; neurological conditions such as Parkinson's, epilepsy or depression (10), internal diseases, pancreatitis, obesity (11); other conditions or skin irritations such as acne, psoriasis or rosacea (12); certain medicines, temperature extremes, such as cold and dry air, or hot and humid air (13);

Seborrheic dermatitis in children

Seborrhoeic dermatitis occurs in a newborn in the first 3 months of life, in the parietal and anterior fontanel region, in the middle parts of the face and in the large folds, especially in the area of contact with the diaper. Progression of the disease is slow and with spontaneous resorption in 1-2 months (14).

Impact of COVID-19 on patients with seborrheic dermatitis

The COVID-19 era has changed the behaviour of all individuals and, as reports of its possible impact on patients with seborrheic dermatitis have remained speculative, in this study we set out to explore the actual impact of COVID-19 among patients with seborrheic dermatitis .

COVID-19 may have affected patients with dermatitis because the isolation and feelings of vulnerability generated by the pandemic may contribute to relevant adverse psychological events such as irritability, anxiety, emotional fatigue, anger, depression and post-traumatic stress.

Restrictive measures, smoking, lower socio-economic status, stress, frequent hand washing and the use of antiseptic and disinfectant hand cleaners during these periods can also aggravate the disease and contribute to further skin damage.

In addition, less exposure to sunlight which exerts an immunosuppressive effect on skin inflammation and prolonged wearing of face masks expose patients to continuous pressure. Rubbing and trapping heat and moisture which in turn irritate the skin and aggravate facial eczema (3).

Material and method

In accordance with established methodological principles for medical research, we conducted a prospective observational and descriptive study involving a cohort of patients, encompassing both male and female individuals afflicted with seborrheic dermatitis.

This investigation employed a 17-item Dermatology Life Quality Index (DLQI) questionnaire administered via a web-based platform.

The primary objective was to assess the impact of the COVID-19 pandemic on patients diagnosed with seborrheic dermatitis. Prior to questionnaire completion, participants provided informed consent. The web-based survey, was disseminated to a total of 54 patients whose ages ranged between 23 and 54 years and who agreed to participate in the study.

Results

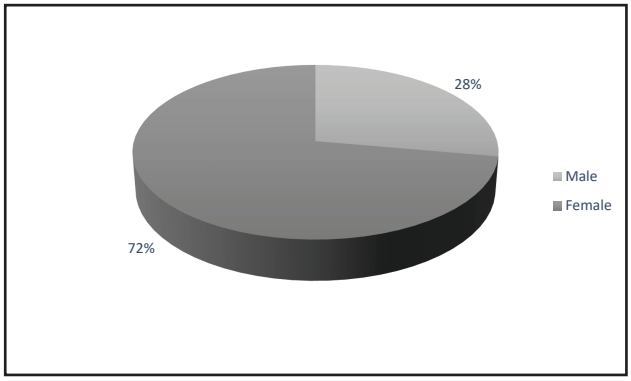


Figure 1 Distribution according to gender

The number of patients was divided as follows 72.2% female, 27.8% male.

Table 1 Distribution by gender in absolute and relative values

Gen	Number of patients by gender	Percentage of patients
Male	15	27,78%
Female	39	72,22%
Total	54	

The itching, tenderness, pain and stinging felt on the skin reported at this time was rated on a scale of Very Much - Much - Little - Not at all as follows: 7.4% - Very Much; 25.9% - Much; 37% - Little; 29.6% - Not at all.

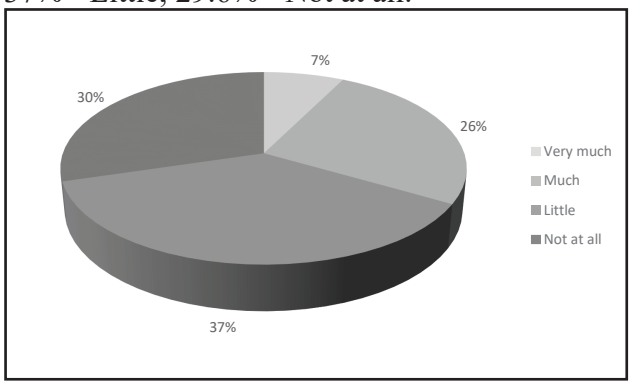


Figure 2 Level of itching, tenderness, pain and stinging felt on the skin

We can also consider wearing protective masks an impediment in this condition, but the study presented the following statistics.

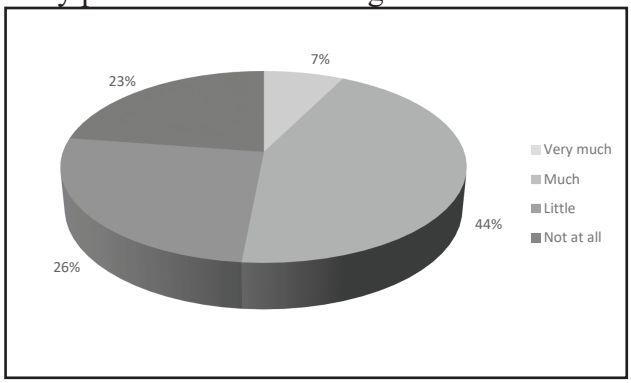


Figure 3 The discomfort of wearing a protective mask

This period, although it was quite demanding for some of us, after the study we were surprised that this disease showed the percentage of evolution and involution on the group of patients as follows: 85.7% did not notice the involution and a percentage of 14.3% surprised an evolution of it.

An important aspect that was noted in the study, although 28.6% of patients were identified as COVID-19 positive and 71.4% negative, the presence of the virus affected the skin condition in 38.1% - Slightly, 61.9% - Not at all.

Regarding the quality of sleep during this period, the study showed the following ratio: 10% - Very much; 24% - A lot; 23.% - A little; 43% - Not at all.

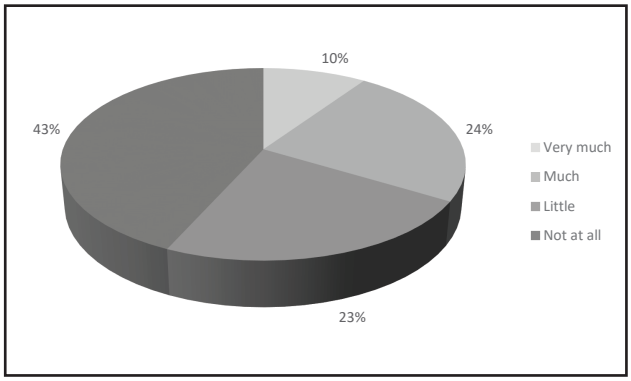


Figure 4 Sleep quality

Discussions

During the projected period, the seborrheic dermatitis pharmaceuticals market was expected to be constrained by the COVID-19 epidemic. Since its emergence in December 2019, COVID-19 has spread to almost every country across the globe, prompting the World Health Organization (WHO) to declare it a public health emergency.

COVID-19, a new coronavirus, has been identified as the causative agent in cases of pneumonia. This virus has spread rapidly around the world, killing many people. COVID-19 was labelled a global pandemic by the World Health Organization (WHO) in March 2020 and rigorous measures to prevent the spread of the disease have been recommended. Since then, the pandemic has delayed health sector expansion and disrupted the supply chain. Moreover, governments in many countries have imposed nationwide lockdowns to stop the spread of COVID-19 (15).

Similarly, health organisations in many nations around the world have found it difficult to continue their supply chain activities. The slow supply chain has also hampered the seborrheic dermatitis market.

Seborrheic Dermatitis - Market Scope

The seborrheic dermatitis market is segmented on the basis of treatment, diagnosis, dosage form, route of administration, end users

and distribution channel (16). The growth of these segments will help analyze the weak growth segments in industries and provide users with valuable market overview and market insights to help them make strategic decisions for identifying the core market applications (17).

Conclusion

The period of development of COVID-19 virus has led to a reversal of public health and the evolution and exacerbation of various diseases of the skin and the whole body, including the CNS.

COVID-19 has led people with seborrheic dermatitis for a period of 2 years to adapt to new social conditions and also to cope with every obstacle that could accentuate the condition such as: wearing protective masks, using the necessary detergents and disinfectants.

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