
INVESTIGATING MINDFULNESS FACETS IN DERMATOLOGY PATIENTS: A CROSS-SECTIONAL STUDY

C. Vari¹, P. Velotti², G. De Campora¹, L. Giromini³, C. Garofalo¹, G.C. Zavattini¹

¹Department of Dynamic and Clinical Psychology, Sapienza University of Rome, Rome, Italy ; ²Department of Educational Sciences, University of Genova, Genoa, Italy ; ³California School of Professional Psychology, Alliant International University, San Diego, USA

Introduction. Research data indicate that many dermatological conditions may be related to stress and emotion dysregulation. Increased attention has recently been given also to *mindfulness*, the ability of attending present experiences in both a non-evaluative and accepting way. In fact, dispositional mindfulness and mindfulness-based interventions have found to influence rates of skin clearance in patients with psoriasis, while reducing pain, and improving the quality of life (QoL).

Aims. The main aim of the current study was to test differences in the mindfulness ability of individuals affected by psoriasis vs. in absence of any chronic skin condition. Additionally, we also aimed at investigating the link between mindfulness and QoL.

Methods. Participants were 42 patients with psoriasis and 42 healthy controls. All completed the Five Facets Mindfulness Questionnaire (FFMQ; a self-report measuring five aspects of mindfulness, i.e., Observe, Describe, Act with Awareness, Nonjudge, and Nonreact), and the Dermatology Life Quality Index (DLQI; a self-report assessing the impact of dermatological diseases on the QoL). The two groups were fairly well balanced in terms of gender and age (all $p > .05$).

Results. When compared to the healthy controls, the patients with psoriasis overall showed lower mindfulness scores, although most of the results were only marginally significant. The strongest difference was observed for the Nonjudge mindfulness facet, $t(82) = 1.97, p = .05, d = .43$. No correlation between DLQI and FFMQ was observed.

Conclusions. This study provides further support for the link between psoriasis and mindfulness, but fails to demonstrate an association between mindfulness and QoL. Accordingly, psoriasis treatment might benefit from a multidisciplinary approach that includes, but is not limited to mindfulness techniques.