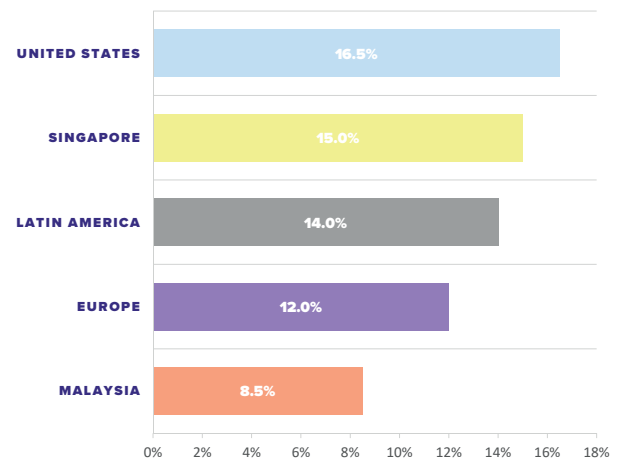


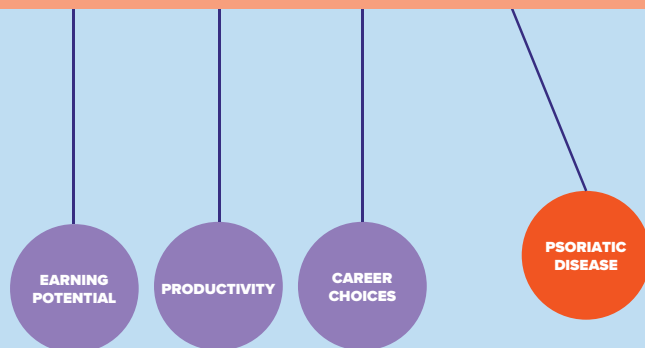
# PSORIATIC DISEASE & MENTAL HEALTH

Worldwide, one in ten people with psoriatic disease is diagnosed with clinical **depression**. As many as 48% have **anxiety**. The psychological impact is increasingly recognized as a significant part of psoriatic disease.

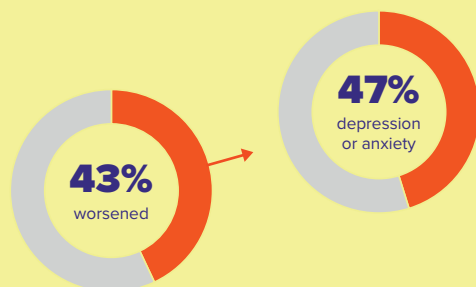
Percentage of people diagnosed or showing signs of depression with psoriatic disease →



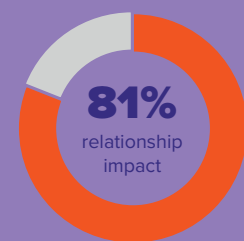
4 in 5 people have experienced stigma and discrimination with psoriatic disease. Isolation and negative self-image further contribute to poor mental health.



Career choices, productivity at work, and earning potential are negatively impacted by psoriatic disease. This is compounded by increased medical expenses. The financial impact of psoriatic disease is a major source of stress and anxiety.



43% of people living with psoriatic disease have seen their disease become worse during the COVID-19 pandemic. Nearly half of these reported increased anxiety.



81% report that the disease has an impact on their relationships.



Find these figures and more in IFPA's report [Inside Psoriatic Disease: Mental Health](#).

IFPA is the international organization uniting all people living with psoriatic disease - regardless of where they live, or what type of psoriatic disease they have. IFPA's members represent over 60 million people living with psoriatic disease worldwide. Learn more at [ifpa-psy.com](http://ifpa-psy.com).

Did you know that psoriatic disease is biologically linked to depression and anxiety? Effective treatment suppresses the inflammatory mediators causing psoriatic disease, depression, and anxiety. Having the disease well-managed means reducing its whole burden.

Learn more about the link between psoriatic disease and well-being. Read IFPA's report titled "Inside Psoriatic Disease" at [ifpa-psy.com](https://ifpa-psy.com).

