

THE PSYCHIATRIC IMPACT OF HIDRADENITIS SUPPURATIVA: EXPLORING SEX-BASED DISPARITIES IN MENTAL HEALTH AND MEDICATION USE

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Introduction

- Hidradenitis suppurativa (HS) is a chronic inflammatory skin disorder marked by recurrent painful nodules, abscesses, and scarring, often leading to significant physical and psychological burden
- HS disproportionately affects women and Black Americans, with women experiencing earlier onset and men presenting with more severe disease.
- HS has been strongly associated with mental health disorders, including major depressive disorder (MDD), generalized anxiety disorder (GAD), suicidal ideation, and suicide attempts
- Studies show an elevated risk of suicide among women with HS compared to those with other dermatologic conditions
- Direct sex-based comparisons in mental health outcomes among HS patients remain limited
- Study Question:** What is the prevalence of MDD, GAD, and psychiatric medication use in men versus women with HS?
 - Aim:** Identify sex-specific disparities to inform targeted mental health screening and integrated care approaches

Methods

- Utilizing the TriNetX database, we identified adults (≥18 years) with HS. Propensity score matching was employed to compare psychiatric comorbidities between HS patients and matched controls without HS, as well as between men and women with HS
- Age and demographic characteristics were used for propensity score matching
- Outcomes included diagnoses of MDD, GAD, and related pharmacologic treatments
- Odds ratios (OR) with 95% confidence intervals (CI) were calculated

Total matched cohort	n= 244,216 patients
Women in HS & Control group	n= 189,661
Men in HS & Control group	n= 54,555
Mean age (overall)	36.5 years (SD ± 14.8)
Mean age - Men	39.5 years
Mean age - Women	35.4 years
Propensity-matched cohort for HS	n= 56,158 patients

Table 1: Cohort data

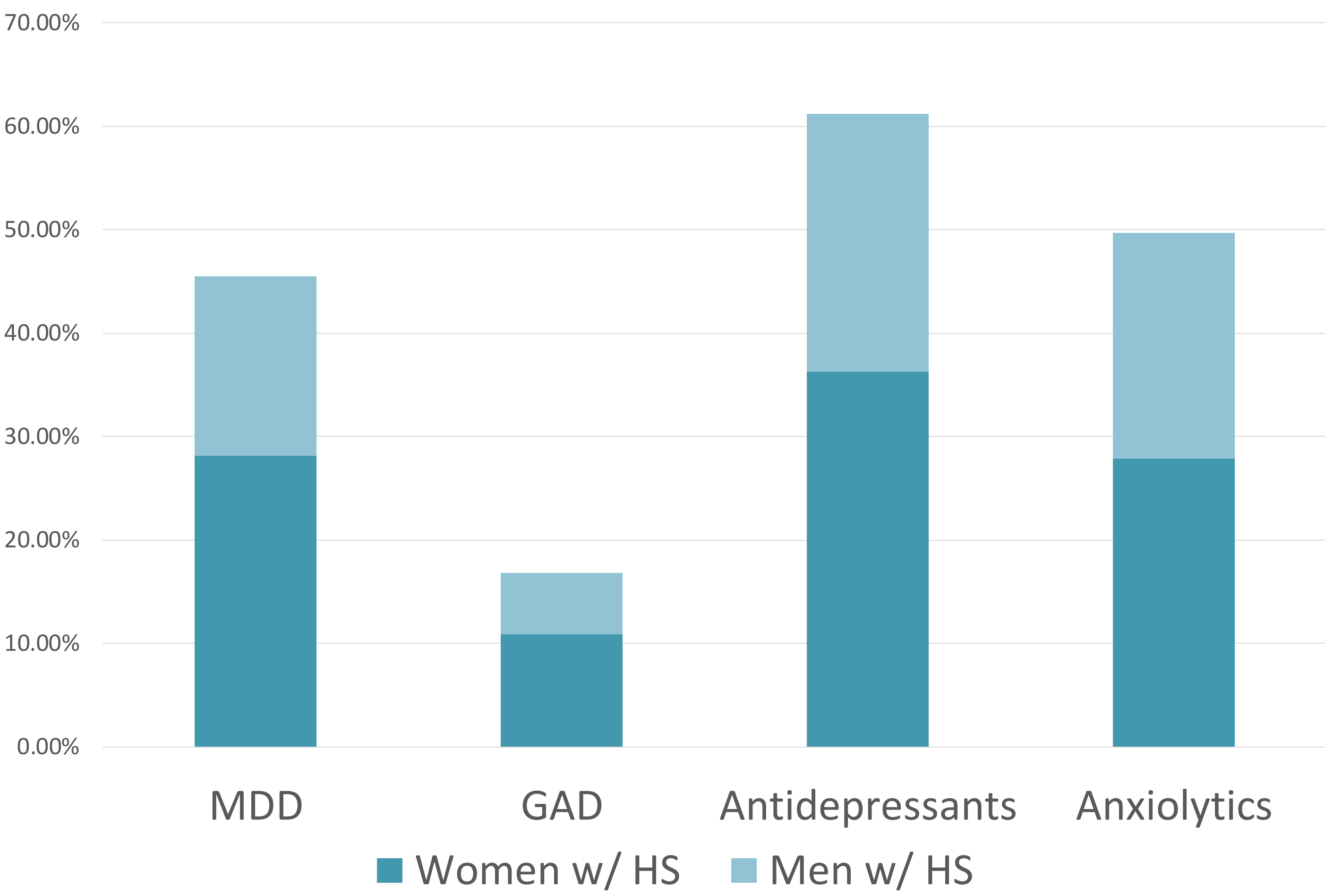


Figure 1. Prevalence of MDD, GAD, and antidepressant and anxiolytic prescriptions in women with HS versus men with HS

References



Results

- Compared to women without HS, women with HS had a significantly higher prevalence of MDD, GAD, and higher prescription rates for antidepressants and anxiolytics
- Compared to men without HS, men with HS had significantly higher odds of MDD, GAD, and higher prescription rates for antidepressants and anxiolytics
- Women with HS have significantly higher odds of MDD, GAD, and prescriptions for antidepressants and anxiolytics compared to men with HS

Conclusions

- Women with HS are more likely to be diagnosed with MDD and GAD
- Women with HS are more likely to be prescribed antidepressants and anxiolytics
- Incorporating sex-sensitive approaches during mental health screenings to improve diagnostic accuracy and ensure proper treatment for men and women with HS who are experiencing mental health conditions

Study limitations

- The retrospective design of the study may introduce selection bias
- Missing data from clinical records or follow-up assessments could introduce bias

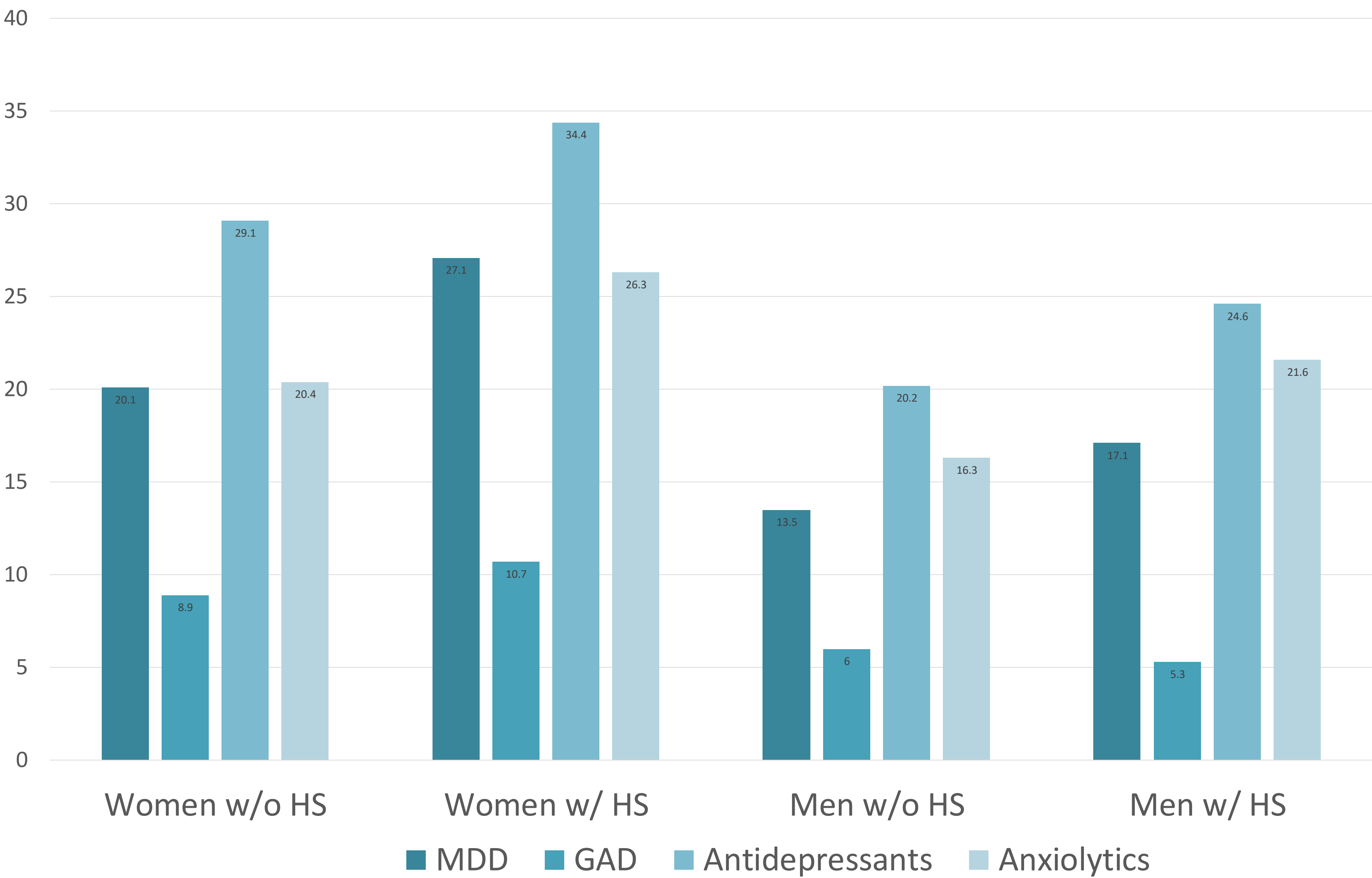


Figure 2. Prevalence of MDD, GAD, and antidepressant and anxiolytic prescriptions among women with HS versus without HS and among men with HS versus without HS