

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

Collette C. Sholi M.S., Emily Sheetz M.S., Julia Feord, Parker Adams, Tamas Gal PhD, Susan Kornstein MD, Arturo Saavedra MD, PhD
Eastern Virginia Medical School at Macon and Joan Brock Virginia Health Sciences at Old Dominion University, Virginia Commonwealth University
School of Medicine Department of Psychiatry and Institute for Women’s Health, Virginia Commonwealth University School of Medicine

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, demographic characteristics, alcohol-related disorders, nicotine dependence, and socioeconomic and psychosocial circumstances 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

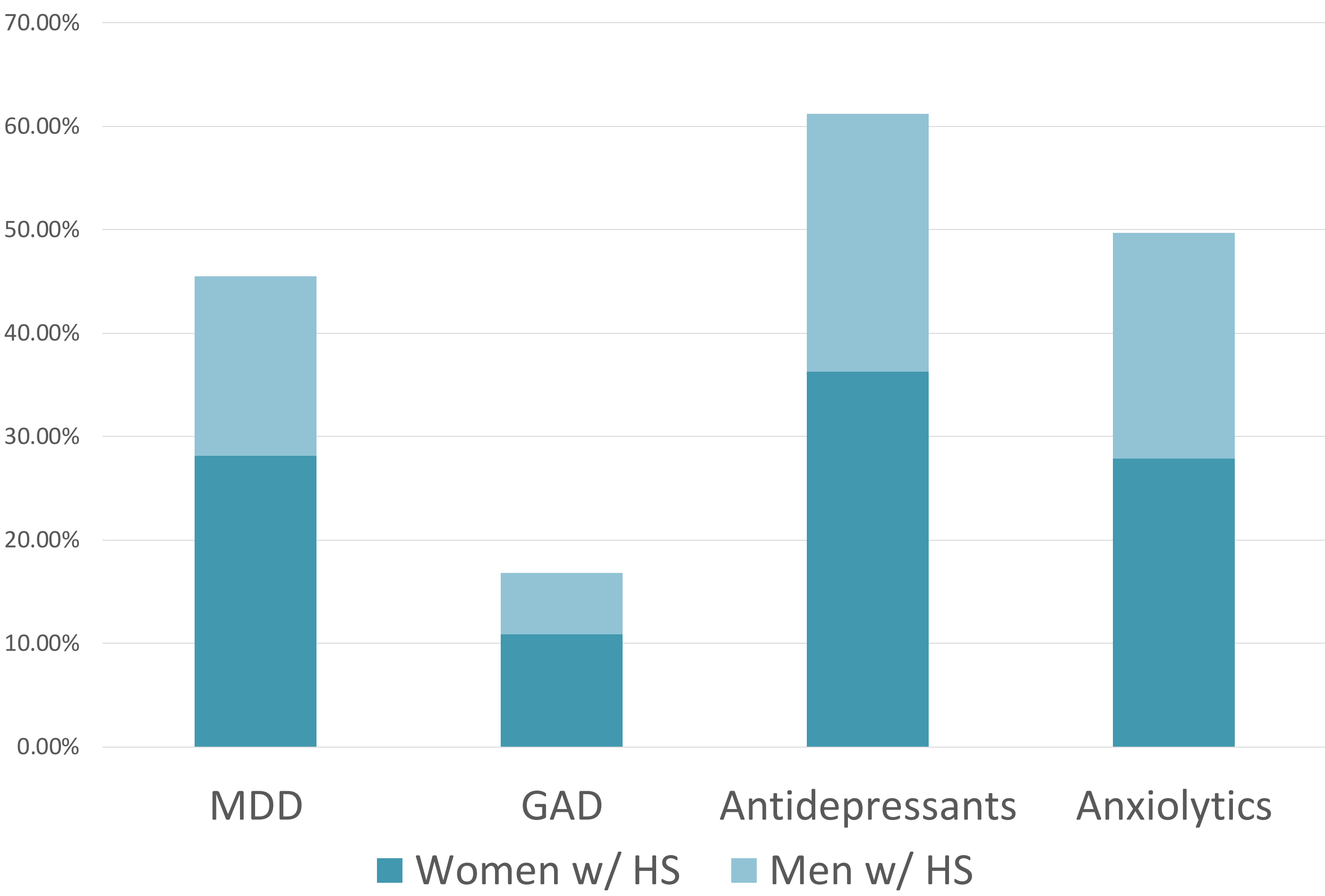


Figure 1. Prevalence of MDD, GAD, and antidepressant and anxiolytic prescriptions in women with HS versus men with HS

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

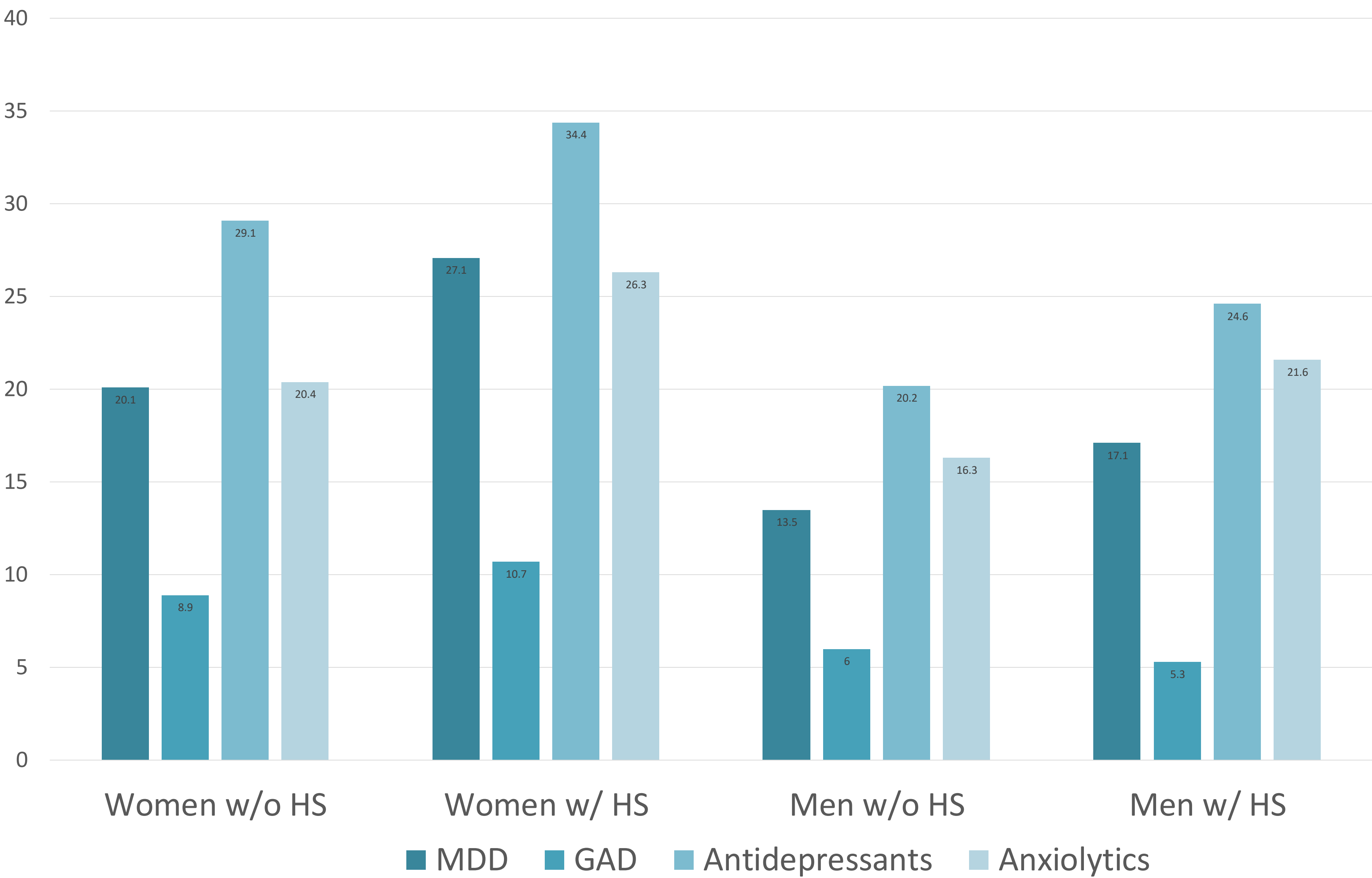


Figure 2. Prevalence of MDD, GAD, and antidepressant and anxiolytic prescriptions among women with HS versus without HS and among men with HS versus without HS