

August to October 1988. Data was collected by means of three written questionnaires : a practice of psoriasis patient scale, an attitudes towards psoriasis scale and a multiple choice of knowledge about psoriasis. The data was analysed by using percentage, arithmetic means, standard deviation, one way analysis of variance and t-test.

The result revealed as follows :

1. Subjects were predominantly male married, 31-45 years old, living with family, with elementary level of education, from upcountry and from a low socio-economic group. The typical age of symptom onset was between 16-30 years with the skin change around head or face. At the time of collecting data, the subjects typically had skin lesion over the body, treated with topical medications. The average subject had experienced one to two exacerbations of symptom within 12 months preceding data collection and had been diagnosed for 6-10 years. Most of the subjects had no family member afflicted with psoriasis. Less than half of the subjects had been taught about psoriasis by physicians.
2. Over all, the subjects tended to have a low level of knowledge, incorrect practices and a good attitudes.

3. Comparison attitudes and practices of psoriasis patients who differed in knowledge and attitudes resulted in the following findings :

- 3.1 There was no significant difference in attitudes towards psoriasis in the patients who differed in knowledge.

- 3.2 There was no significant difference in practices of psoriasis patients who differed in knowledge.

- 3.3 There was a significant difference, ($p < .001$) in

practices of psoriasis patients who differed in attitudes.

On the basis of this study, the recommendations are presented as the following : the effective health teaching for psoriasis patients must be developed by nurses. The teaching should emphasize on the practices the characteristic of psoriasis, its treatment and its control. The knowledge about psoriasis should be promoted to the public by the distribution of leaflet, poster or public relations. And the health team must cooperate, coordinate and set the effective referral system for the upcountry patients. The effect of planned instruction towards the practices of psoriasis patients and a follow up study of the relationship between health practices and the severity of psoriasis should be studied further.