

THE EFFECTIVENESS OF PARTICIPATION IN SELF-HELP GROUP ON SELF-CARE ABILITY AND DISEASE SEVERITY AMONG PATIENTS WITH PSORIASIS

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ABSTRACT

This was a quasi-experimental design that aimed to compare the effectiveness of participation in self-help group and control group on self-care ability and disease severity among patients with psoriasis. Forty patients were randomized, 20 into experimental group and 20 into control group using block randomization of 4. Patients in the experimental group participated in the self-help group that held 1.5 hours weekly meetings for 4 weeks. Those in the control group received psoriasis treatment according to clinical practice guideline (CPG). The study data were collected using validated Psoriasis Patient Self-care Ability Questionnaire and physical examination with Psoriasis Area and Severity Index (PASI) score.

The study showed a higher statistically significant self-care ability score at the end of the study within the experimental group (p-value=0.012) and higher than the control group (p-value=0.009). There was a statistically significant difference of pre-post PASI score within the experimental group (p-value=0.017), however there was no statistical significant difference of PASI score for post-test between the experimental group and the control group (p-value=0.232). The effectiveness of self-help group on self-care ability after increased by 3.85% and the effectiveness on PASI score showed the reduction of 18.39%. The results suggested that the self-help group could improve the self-care ability of psoriasis patients, help the patients to understand about the disease and treatments resulting in the improvement of self-care ability and prevention of disease recurrence.

This is recommended that self-help group should be considered as an adjuvant to standard treatment to improve patient self-care.

KEY WORDS: PSORIASIS / SELF-CARE ABILITY / SELF-HELP GROUP / DISEASE SEVERITY

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