

Prevalence of Anxiety, Depression and Attention Deficit Disorder (ADD) in Patients with Primary Hyperhidrosis

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Background:

- Primary hyperhidrosis is a chronic and socially disabling disorder with a significant impact on quality of life.
 - It has an estimated US prevalence of 4.8% (~15.3 million people).¹
 - Few studies have attempted to estimate the prevalence of mental illness in patients with hyperhidrosis, and the results have been conflicting.²⁻⁴
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References:

1. Doolittle et al. *Arch Dermatol Res*. 2016;308(10):743-9.
2. Bahar R, et al. The prevalence of anxiety and depression in patients with or without hyperhidrosis (HH). *J Am Acad Dermatol*. 2016;75:1126-1133
3. Braganca GM et al. Evaluation of anxiety and depression prevalence in patients with primary severe hyperhidrosis. *An Bras Dermatol*. 2014;89:230-235.
4. Weber A et al. Psychosocial aspects of patients with focal hyperhidrosis. Marked reduction of social phobia, anxiety and depression and increased quality of life after treatment with botulinum toxin A. *Br J Dermatol*. 2005;152:342-345

Objective:

- Estimate the prevalence of depression, anxiety and attention deficit disorder (ADD) in patient was primary hyperhidrosis.
 - Understand the correlation between hyperhidrosis location and severity with mental health
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Method:

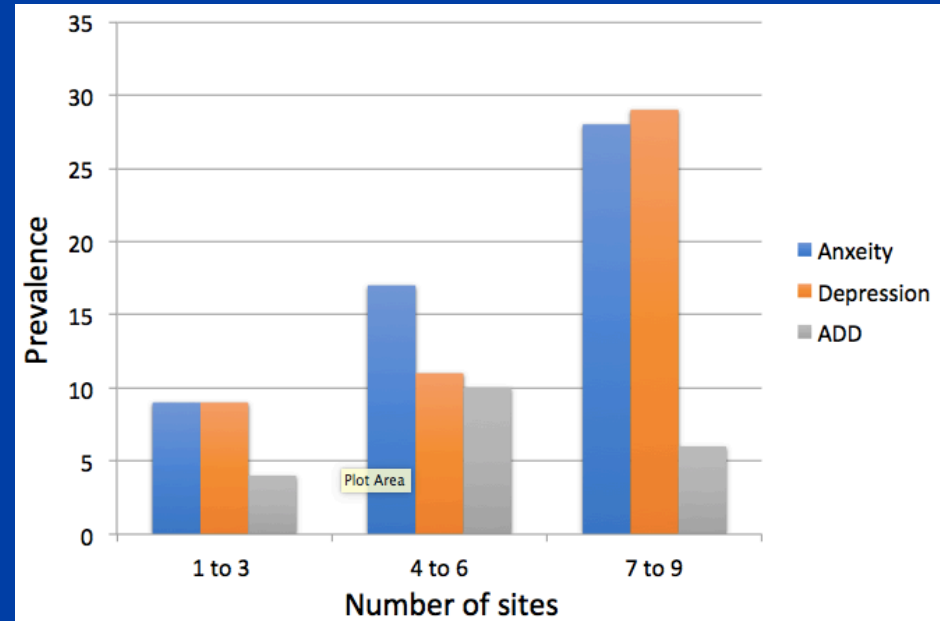
- Patients diagnosed with primary hyperhidrosis from 2011-2018 at a single site were identified at time of initial evaluation.
- Age of onset, age at time of initial evaluation, gender, hyperhidrosis locations and Hyperhidrosis Disease Severity Scale (HDSS) were recorded.
- Patients were considered to have anxiety, depression, and/or ADD diagnosis if: (1 or more)
 - self reported diagnosis on intake form
 - had an ICD9 code of diagnosis
 - clinical note documenting diagnosis
 - And/or if taking ADD specific medication

Results

- Positive correlations between the number of anatomical HH sites involved and the prevalence of psychiatric conditions
- No association with overall HDSS severity or location involved with prevalence of psychiatric conditions

Characteristic	Value
Total number of patients	500
Age:	
Mean age of onset	15
Mean age at time of evaluation	30
Sex	
	Number (%)
Female	356 (71.2)
Male	144 (28.8)
Number of sites involved	
1 to 3	307 (61.4)
4 to 6	124 (24.8)
7 to 9	69 (13.8)

Psychiatric Diagnosis	Prevalence (%)
Anxiety	13.8
Depression	12.4
Attention Deficit Disorder (ADD)	6.4



Conclusion:

- There is a significant association between HH and the prevalence of anxiety, depression and ADD regardless of gender or age
- Compared to the nationally reported prevalence of anxiety, depression and ADD, HH patients have a statistically significant higher prevalence than the general public.
- The severity and/or location of HH do not correlate with prevalence of anxiety, depression and ADD.
 - However, there is a positive correlation between the number of anatomical sites involved and the prevalence of these comorbidities.
- Providers should be aware of the increased prevalence of mental health disorders in patients

with hyperhidrosis.

