**The efficacy of psychological interventions on psoriasis treatment: a systematic review and meta-analysis of randomized controlled trials.**

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Since psoriasis is related to psychological disorders, this study tried to find if psychological interventions, including cognitive behavioral therapy (CBT) and other treatments, are effective for psoriasis (reducing the lesion size and severity). It is a systematic review and meta-analysis study to include 8 recent RCTs with 765 participants. It showed that CBT is significantly reduced lesion size and severity, stronger for moderate-to-severe cases.

KEY POINTS:

* CBT is effective in the treatment of psoriasis in terms of area and severity reduction.
* Systemic treatment does not further enhance the efficacy of CBT.
* The effect of the psychological intervention is stronger in patients with moderate-to-severe psoriasis.

Since in my H&P 1, the patient had recurrent psoriasis. The psoriasis is stress-related skin disease, and CBT might be effective. If the medications do not greatly improve his condition, we can try the CBT.