

〈教育セミナー〉

ストレスと皮膚疾患  
——アトピー性皮膚炎を中心に——

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**Psychosomatic Cutaneous Disorders**  
—Emotional stress and atopic dermatitis—

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**Abstract**

Atopic dermatitis, alopecia areata, chronic urticaria, and acne vulgaris are known to be psychosomatic skin disorders. In this study, inpatients with severe atopic dermatitis received a psychological interview to find a suspected emotional stress which cause the exacerbation of atopic dermatitis. The result was that more than half of the patients had experienced stress-related exacerbation. On General Health Questionnaire, many patients showed to have psychological problems. It seemed to be important to give careful consideration to psychological disturbances of the patients with atopic dermatitis.

**Key words:** psychosomatic skin disorders, atopic dermatitis, emotional stress, General Health Questionnaire.