

# UNDER MY SKIN

A National Report of Patients' Experiences on the Impact of their Dermatological Conditions on their Mental Health

308

A total of 308 individuals from every province and territory participated in the CSPA national survey on dermatological conditions. ON 33% | BC 13% | AB 12% | QC 12%

91% patients  
9% caregivers

Average age: 39 years  
Age range from 2 to 81

44% with multiple conditions

45% condition onset before age 18

*"My condition was a major part of my depression. It made me feel nervous to go outside because I felt I would be judged for being dirty or contagious, and I started to disconnect from the outside world."*

*- Respondent with psoriasis*

80%

Social life negatively affected in the last 30 days

57%

Felt anxiety, worry, or nervousness often or always

EMOTIONAL IMPACT

75%

Reported moderate to severe impact on emotional health.

SELF-ESTEEM

77%

Experienced a moderate to severe dip in self-esteem.

The impact of dermatological conditions extends beyond visible symptoms, influencing daily life and mental well-being significantly, yet many individuals are not accessing tailored mental health support.

48%

sought mental health support

75%

found mental health support helpful

Access to mental health support is crucial

Unite.  
Educate.  
Empower.



Canadian Skin Patient Alliance  
Alliance canadienne des patients en dermatologie

Unir.  
Éduquer.  
Dynamiser.