

INTISARI

Latar belakang: Vitiligo merupakan penyakit depigmentasi dapatan yang paling sering dijumpai dan memiliki dampak yang besar terhadap kualitas hidup penderitanya. Banyak pasien vitiligo merasa tertekan dan terstigmatisasi akibat kondisi kulitnya. Derajat keparahan vitiligo berdasarkan luas lesi dilaporkan dapat memengaruhi kualitas hidup pasien. Penilaian kualitas hidup menggunakan instrumen spesifik untuk vitiligo dalam kaitannya dengan derajat keparahan penyakit belum banyak dilakukan di Indonesia. Penelitian ini perlu dilakukan sebagai salah satu pendekatan dalam manajemen vitiligo secara keseluruhan.

Tujuan: untuk mengetahui pengaruh derajat keparahan vitiligo terhadap kualitas hidup pasien.

Metode: Penelitian ini merupakan penelitian observasional analitik dengan rancangan potong lintang. Subjek diambil dari populasi pasien vitiligo yang berobat ke RSUP Dr. Sardjito. Derajat keparahan lesi vitiligo diukur menggunakan metode *VESplus* dan *ImageJ*. Subjek diminta mengisi kuesioner VitiQol untuk penilaian kualitas hidup. Pengaruh derajat keparahan vitiligo terhadap kualitas hidup dianalisis menggunakan regresi linier. Nilai $p < 0,05$ dinyatakan signifikan secara statistik.

Hasil: Derajat keparahan vitiligo baik yang diukur menggunakan *VESplus* maupun *ImageJ* berkorelasi positif terhadap nilai VitiQol yang menggambarkan kualitas hidup, dengan nilai masing-masing $r = 0,578$ dan $r = 0,406$ dan bermakna secara statistik ($p < 0,05$). Derajat keparahan vitiligo juga berpengaruh signifikan terhadap kualitas hidup. Prediksi besar pengaruh derajat keparahan vitiligo terhadap kualitas hidup pasien vitiligo dapat dinilai dengan menggunakan rumus persamaan regresi skor VitiQol = $26,121 + 2,392 \times \text{derajat keparahan lesi } VESplus$ dan skor VitiQol = $27,831 + 1,634 \times \text{derajat keparahan lesi } ImageJ$. Analisis regresi linier multipel menunjukkan lokasi lesi di telapak tangan dan area genital, tingkat pendidikan, tingkat sosioekonomi, dan derajat keparahan lesi (*ImageJ*) merupakan faktor yang paling berpengaruh signifikan terhadap kualitas hidup pasien vitiligo, dengan nilai *adjusted R*² 0,444.

Kesimpulan: Derajat keparahan vitiligo berkorelasi positif terhadap nilai VitiQol dan berpengaruh signifikan terhadap perburukan kualitas hidup penderita vitiligo.

Kata kunci: vitiligo, kualitas hidup, VES, *VESplus*, *ImageJ*, VitiQol

ABSTRACT

Background: Vitiligo is the most common acquired depigmentation disease and highly affects the quality of life. Many people with vitiligo feel depressed and stigmatized because of their skin condition. It has been noted that the quality of life of the patient is impacted by the severity of vitiligo based on the size of the lesion. In Indonesia, there has not been much study done on the relationship between vitiligo severity and the quality of life as measured by specific instruments. This study needs to be done by researchers as one approach in the overall management of vitiligo.

Objective: The purpose of this study was to determine the impact of disease severity on the quality of life of patients with vitiligo.

Methods: This study was an analytical observational study used a cross-sectional design. Subjects were taken from the population of vitiligo patients who consulted to Dr. Sardjito General Hospital. The severity of vitiligo lesion was measured using the VESplus method and ImageJ. Subjects were asked to fill out a VitiQol questionnaire to assess the quality of life. Linear regression were used to examine the impact of vitiligo severity on quality of life. Statistical significance was defined as $p < 0,05$.

Results: The degree of severity of vitiligo lesion as measured using VESplus and ImageJ had a positive correlation with VitiQol which represents the quality of life, with respective values of $r = 0.578$ and $r = 0.406$ and statistically significant ($p < 0.05$). The degree of severity of vitiligo lesion also has a significant effect on quality of life. The prediction of the effect of the severity of vitiligo on the quality of life of vitiligo patients can be assessed using the regression equation formula for VitiQol score = $26.121 + 2.392 \times \text{the severity of the lesion based on VESplus lesion area}$ and VitiQol score = $27.831 + 1.634 \times \text{the severity of the lesion based on ImageJ}$. Multiple linear regression analysis showed the location of lesions on the palms and genital area, education level, socioeconomic level, and the severity of the lesion (ImageJ) were the most significant factors on the quality of life of vitiligo patients, with an adjusted R^2 0.444.

Conclusion: The degree of severity of vitiligo lesion has a positive correlation with VitiQol and has a significant effect on worsening quality of life in vitiligo patients.

Keywords: *vitiligo, quality of life, VES, VESplus, ImageJ, VitiQol*