

## INTISARI

**Latar Belakang:** Vitiligo memiliki karakteristik berupa makula depigmentasi berbatas tegas yang dapat timbul pada area tubuh mana saja dengan ukuran lesi yang bervariasi. Adanya perbedaan warna yang jelas antara lesi vitiligo dan kulit normal dapat berdampak kepada munculnya kekhawatiran penderita mengenai pandangan orang lain terhadap kondisi kulit mereka. Berbagai gangguan psikososial telah dilaporkan terjadi pada penderita vitiligo, terutama depresi. Penilaian terhadap kualitas hidup dan tingkat depresi pada penderita vitiligo menjadi aspek yang perlu diperhatikan dalam manajemen penyakit ini.

**Tujuan:** untuk mengetahui hubungan luas lesi dan lokasi lesi vitiligo terhadap kualitas hidup dan tingkat depresi penderita vitiligo yang diukur dengan menggunakan instrumen DLQI dan PHQ-9 versi Bahasa Indonesia.

**Metode:** Penelitian ini menggunakan rancangan *cross sectional*. Subjek diambil dari populasi pasien vitiligo yang berobat ke RSUP Dr. Sardjito. Luas lesi vitiligo diukur menggunakan skor VASI, dan lokasi lesi vitiligo dibagi menjadi area yang tertutup dan tidak tertutup pakaian. Subyek diminta mengisi kuesioner DLQI dan PHQ-9 untuk dinilai skor kualitas hidup dan tingkat depresinya. Analisis bivariat menggunakan uji korelasi *Spearman* dan komparatif, dan dilanjutkan dalam analisis multivariat jika variabel memiliki nilai  $p < 0,25$  pada uji bivariat. Tingkat kemaknaan dalam penelitian ini adalah  $p < 0,05$ .

**Hasil :** Luas lesi vitiligo menunjukkan korelasi negatif terhadap kualitas hidup ( $r=-0,238$ ,  $p=0,150$ ) dan tingkat depresi ( $r=-0,098$ ,  $p=0,516$ ) namun tidak bermakna. Uji bivariat *Mann Whitney* dan *Fisher Exact test* mendapatkan hasil adanya hubungan yang bermakna antara lokasi lesi vitiligo dengan kualitas hidup ( $p=0,034$ ) dan tingkat depresi ( $p=0,044$ ). Analisis multivariat dengan uji regresi terhadap berbagai variabel menunjukkan bahwa jenis kelamin ( $p=0,025$ ) dan lokasi lesi ( $p=0,021$ ) memiliki hubungan bermakna dengan kualitas hidup. Pada uji regresi untuk menilai hubungan variabel dengan tingkat depresi, hanya usia yang memiliki hubungan bermakna ( $p=0,013$ ).

**Kesimpulan :** Lokasi lesi vitiligo berhubungan dengan kualitas hidup penderitanya namun tidak berhubungan signifikan dengan tingkat depresi. Tidak ada korelasi antara luas lesi vitiligo dengan kualitas hidup maupun tingkat depresi.

**Kata kunci :** *depresi, DLQI, kualitas hidup, PHQ-9, vitiligo.*

## ABSTRACT

**Background:** Vitiligo is characterized by well-defined depigmented macules that can appear on any area of the body with varying lesion sizes. A distinct color difference between vitiligo lesions and normal skin could results in patient concerns about the views of others about their skin condition. Various psychosocial disorders have been reported in patients with vitiligo, especially depression. Assessment of quality of life and level of depression in patients with vitiligo is an aspect that needs to be considered in the management of this disease.

**Objective:** to determine the correlation between the extent of lesions and the location of vitiligo lesions with the quality of life and the level of depression in vitiligo sufferers, as measured using the Indonesian version of the DLQI and PHQ-9 instruments.

**Methods:** This study used a cross sectional design. Subjects were taken from the population of vitiligo patients who went to Dr. Sardjito. The extent of vitiligo lesions was measured using VASI score, and the location of the vitiligo lesions was divided into covered and uncovered areas. Subjects were asked to fill out the DLQI and PHQ-9 questionnaires to assess their quality of life and level of depression. Bivariate analysis using Spearman correlation test and comparative test are continued in multivariate analysis if the variable has a p value  $< 0.25$  in the bivariate test. The level of significance in this study was  $p < 0.05$ .

**Results:** The extent of vitiligo lesions showed a negative correlation to quality of life ( $r = -0.238$ ,  $p = 0.150$ ) and depression level ( $r = -0.098$ ,  $p = 0.516$ ) but not significant. The Mann Whitney bivariate test and Fisher's Exact test showed a significant relationship between the location of vitiligo lesions with quality of life ( $p < 0.034$ ) and the level of depression ( $p < 0.044$ ). Multivariate analysis with regression test on various variables showed that gender ( $p = 0.025$ ) and lesion location ( $p = 0.021$ ) had a significant relationship with quality of life. In the regression test to assess the relationship between variables and the level of depression, only age had a significant relationship ( $p = 0.013$ )

**Conclusion :** The location of vitiligo lesions is related to the quality of life of the sufferer but is not significantly related to the level of depression. There is no correlation between the extent of vitiligo lesions with quality of life or level of depression.

**Keywords :** *depression, DLQI, PHQ-9, quality of life, vitiligo*