

Abstract

Assessment of anxiety level in patients with oral lichen planus compared to healthy people

Introduction: Lichen planus is a relatively common chronic inflammatory skin-mucosal disease. The skin and oral mucosa are the most common places involved in this disease. Some studies have reported that patients with oral lichen planus (OLP), especially those with symptomatic types of OLP, have shown higher levels of stress and anxiety compared to people without OLP. On the other hand, studies with a similar design achieved contradictory results. In addition, the anxiety intensity variable, which has not been measured in some studies, was evaluated in this study.

Material and Methods: In this case-control study, 34 patients with OLP and 34 healthy individuals were selected as case and control groups. Two groups were matched in terms of age and sex. In the next step, anxiety in the study subjects was measured with BAI. Also, the clinical severity of oral lesions in OLP patients was evaluated and categorized using the Dr. Harman system. Then the data was statistically analyzed with SPSS 21 software.

Results: The average age of the patients in this study was 44.9 years and 76.5% of the patients were women, and there was no significant difference between the two groups of cases and controls in terms of age and gender ($P < 0.05$). There was no significant difference between the two groups in terms of marital status ($P = 0.63$), education level ($P = 0.07$), occupation ($P = 0.38$) and income level ($P = 0.19$). Anxiety was significantly higher in people with oral lichen planus than healthy people. So that 73.5% of people in the control group did not have anxiety, 29.4% of people in the case group had moderate anxiety and 11.8% had severe anxiety, and 66.7% of patients with silent disease did not have anxiety.

Conclusion: In people with oral lichen planus, the level of anxiety increased with the increase in the severity of the disease, so that all patients with severe disease activity had some degree of anxiety and most patients with quiescent disease did not have anxiety.

Keywords: Oral Lichen Planus, Anxiety, Beck Anxiety Inventory