

## Psychological support for HS : semi-directive interview to assess psychological trait and psychosomatic aspects

Ermina OFIDOU, Nathalie DUMET, Philippe GUILLEM

Clinique du Val d'Ouest, Lyon ; RésoVerneuil, Paris ; Groupe de Recherche en Proctologie of the Société Nationale Française de ColoProctologie, Paris, France

### 1. Background


Previous results from retrospective assessment of psychological charts suggest a link between :

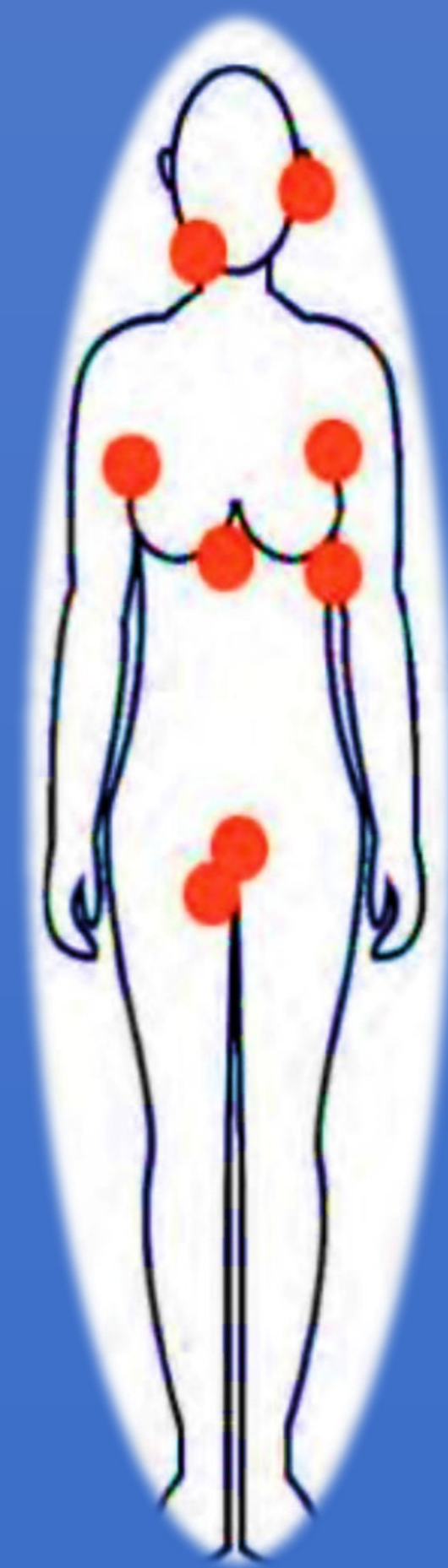
- specific adverse life events
- disease occurrence & development of personality traits

### 2. The purpose of this research

- Check these assertions by prospectively recording and analyzing psychological interviews of HS patients

- Study if patients have an operative thought or / & alexithymia

 Often found in psychosomatic disorders, characterized by their inability to put emotions in words and their difficulty to establish links between significant lived events & symptoms of the disease



### 3. Methods

- psychological support with a research component
- 5 ♀ with HS
- 21-39 yrs
- five 45 - 60 min-long interviews
- including questioning about biographical data & disease occurrence

### 5. Conclusion

**Using the bias of a psychopathological approach / psychosomatic approach**

- This pilot observational study recalls that skin is a way to establish and receive contacts with the outside world
- It suggests HS as **a contact disease**, occurring in response to **hazardous** & / or **broken contacts**

### 4. Results

All patients :

- **have been sexually touched &/ or abused (average age ; 13 yrs)**
- **all experiences separation just before disease occurrence**
- **4/5 also experienced their first sexual intercours at that time**
- an operative thought
- separation experience
- anxiety
- dependance on others
- anguish of death
- bulimia / overeating

### 6. Perspectives

- Reproduce the same research on males ?
  - To a larger population?

