

Camouflage for patients with vitiligo vulgaris improved their quality of life

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Background Cosmetic camouflage is important for patients with vitiligo vulgaris. However, few studies have investigated its benefit for vitiligo patients.

Objectives To analyze the psychological effects on patients with vitiligo vulgaris by camouflage lessons performed in vitiligo clinics in Kyoto University Hospital and Fukui Red Cross Hospital, Dermatological Life Quality Index (DLQI) questionnaires were collected before and one month after camouflage lessons.

Patients Patients with vitiligo vulgaris, who visited our clinics in 2008 and had never experienced camouflage, were enrolled in this study. They took camouflage lessons and continued subsequent self-camouflage for one month. Control patients took no lessons and no camouflage.

Results Camouflage improved the scores of Dermatological Life Quality Index (DLQI), compared with those without camouflage ($p=0.005$). Camouflage improved DLQI scores from 5.90 to 4.48. In DLQI subcategories, camouflage lessons improved a subcategory of “symptoms and feelings” ($p=0.0037$).

Conclusions These data supported the idea that camouflage for patients with vitiligo not only covers the white patches but also improves their quality of life.