Psoriasis Research

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Research Suggests Acute Psychological Stress may Promote Skin Healing in Psoriasis Patients

A research study released information on acute psychological stress promoting healing in mouse models, each with different skin irritations. The study was led by US San Francisco researches, and the scientist involved in the study found that the anti-inflammatory effects of the stress hormone called glucocorticoids brought on the healing. This hormone is present in the adrenal glands, and is released as a response to stress.

When the body is under chronic stress, these naturally-occurring steroids cause a great deal of damage to the skin. They damage the protective functions of normal skin and prevent the skin from healing. However, short intervals of stress actually promote healing and are beneficial for the skin.

The results of this study could be beneficial for those with psoriasis, as the three different skin irritations found on the mice were dermatitis, atopic dermatitis, and eczema. Those performing the study found that the stressed mice displayed significantly reduced inflammation. Faster healing also occurred in all three mice. When the mice were given a drug called mifepristone, which works to block the action of steroids, all benefits of this stress induced healing disappeared.

Psychological stress can potentially help promote healing in those with psoriasis, according to this information. The study didn’t look into human medical treatments, however further research will occur. Researches are also looking into the possibility that some patients may be receiving overly aggressive treatment based on high dosage and prolonged intervals between treatments. Additionally, the researches are looking into treatment for skin disorders, including psoriasis, which include small sessions of induced stress to encourage the skin’s healing process.