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精神的ストレスと皮膚

羽白 誠\*

**Psychological Stress and Skin**

Makoto HASHIRO\*

**Abstract**

Psychosocial stress sometimes affects skin conditions. In contrast, poor skin condition also affects psychological state in human being. It is suggested that there are basically conditioning responses between somatic state and psychological state. But it is still unknown in detail. This manuscript is described how psychological stress induce skin condition change and *vice versa* within current knowledge. It is also described the relationship between stress and some skin disorders including atopic dermatitis, psoriasis and acne.

HPA (hypothalamic-pituitary-adrenal)-axis contains central HPA-axis and skin HPA-axis. Central and skin HPA-axis have an important role of skin change with psychological stress. There are many interactions among hormones, cytokines and neuropeptides. Epithelial cells and sebaceous cells are affected skin HPA-axis.

Psychodermatological disorders are clinically classified into four groups. The first is psychosomatic disorders, the second is primary psychiatric disorders, the third is secondary psychiatric disorders and the fourth is mucocutaneous dysesthesia. These are treated not only by dermatological therapy but psychological or psychiatric therapy. However, there are a few psychodermatologists in Japan. Most psychodermatological patients are not actually treated by psychosomatic approach.

**Key words:** psychology, skin, stress, cytokine, psychosomatics.