

## P-752 - PSYCHOSOMATIC FACTORS IN ALOPECIA AREATA

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**Introduction:** *Alopecia areata* is a nonscarring hair disorder consisting in the sudden appearance of one or several circumscribed patches of hair loss. This often affects body image and carries a negative psychosocial impact for the patient. The pathogenesis of *alopecia areata* is not fully understood but psychosomatic factors such as emotional stress and specific personality traits have been suggested to play an important role in its development.

**Objectives and methods:** This study aims to understand the role of stressful events, attachment security, alexithymia and social support as factors triggering *alopecia areata*.

Participants were recruited from a psychiatric out-patient clinic of a general hospital (n=7) and were assessed using *Paykel's Interview for Recent Life Events*, *Experiences in Close Relationships Scale*, *20-item Toronto Alexithymia Scale* and *Social Support Satisfaction Scale*. All scales were adapted to the Portuguese population.

**Results:** *Alopecia areata* tends to be associated with a low satisfaction in social support and high anxiety than avoidance in attachment relationships. Life events were important in 5 out of 7 patients studied and no association was found with alexithymia.

**Discussion/conclusion:** In our sample, poor social support, life events and anxious attachment were associated with *Alopecia areata* (in agreement with others previous studies), demonstrating the importance of psychosomatic factors in this disorder. Two patients that didn't show a clear association with life events were under chronic stress situations (had mentally retarded children).