

# Patients with psoriasis less likely to be physically active

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(HealthDay)—Patients with psoriasis are less likely to engage in physical activity, especially those with more severe disease, according to a study published in the February issue of the *Journal of Dermatology*.

Young Kyung Do, M.D., M.P.H., Ph.D., from the Seoul National University College of Medicine in South Korea, and colleagues examined the correlation between the extent of psoriatic skin lesions and the likelihood of participating in leisure-time moderate to vigorous physical activity (MVPA). Data were collected for 6,549 respondents to the 2003 to 2006 National Health and Nutrition Examination Survey dermatology questionnaires, aged 20 to 59 years.

The researchers found that individuals with [psoriasis](#) were less likely to have engaged in leisure-time MVPA in the past 30 days compared to

those without psoriasis; the correlation was not statistically significant. Among those who participated in MVPA, patients currently having few to extensive cutaneous lesions (but not those currently having little or no psoriatic patches) logged approximately 30 percent fewer metabolic equivalent task-minutes of leisure-time MVPA compared with individuals never diagnosed with psoriasis.

"Clinicians should encourage patients with psoriasis, especially those with more severe disease, to be more physically active; they should help identify and address possible psychological and physical barriers to their patients' [physical activity](#)," the authors write.

**More information:** [Abstract](#)  
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