The study of stress vulnerability of patients with drug allergy
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The increasing use of the drugs has inevitably induced the development and severity of adverse drug reactions. An important role is played by allergic type reactions which occur after an interaction between a drug and the immune system, with various clinic consequences, some of them being at vital risk for the patients.

Drug allergy imposes a psychosomatic approach, because, besides characteristic atopic terrain, is influenced by psychological peculiarities. Some of these factors, like personality traits such as stress vulnerability, were described by Iamandescu even in 1983.

The present study objectives are:
1) annualizing the psychic factor (as a trigger for allergic reactions), establishing the stressful antecedents, emphasizing the stress vulnerability;
2) identifying the somato-psychic impact of the allergy on the patients and their quality of life;
3) emphasizing some particular personality traits (preexistent or secondary induced by the drug allergy);

Methods: In the study were included 152 patients with drug allergic type reactions (between 12 and 84 years old) and 60 healthy subjects. The subjects underwent the tests: Hospital Anxiety and Depression Scale (HADS; Zigmond & Snaith, 1983), Perceived Stress Scale (PSS; Cohen & Williamson, 1988), Life Event Stress Scale (Lindemann, 1994), Toronto Alexithymia Scale (Bagby et al., 1994), Stress Vulnerability Scale (Miller & Smith, 1985), Quality of Life Questionnaire for patients with drug allergy (Iamandescu & Diaconescu, 2008). At the same time there was applied the lymphocite transformation test, which confirm or not the drug allergy.

A number of 30 patients and 30 healthy subjects underwent a musical test diagnostic (MTD; Iamandescu) (3 series of musical pieces) as a psychosomatic stimuli inducing changes in skin moisture (measured with Multi Skin Test Center MC 750).

Preliminary results: The average scores at anxiety and depression were significant increased at patients with drug allergy. The scores at Stress Vulnerability Scale (between 32 and 65 points) correlated with high scores at Perceived Stress Scale and Life Event Stress Scale. Only a third from the patients had more than three characteristics for alexithymia. The Quality of Life Questionnaire pointed that drug allergy has a real influence upon life style: patients with drug allergy are more anxious regarding the treatment, develop fear reactions and disease and drug phobia, aspects which are more evident in patients who suffered an anaphylaxis.