

**HUBUNGAN ANTARA INDEKS MASSA TUBUH (IMT) TERHADAP
SKOR *PSORIASIS AREA AND SEVERITY INDEX* (PASI)
PADA PASIEN PSORIASIS DI RSUD DR.SOEDARSO PONTIANAK**

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Abstrak

Psoriasis merupakan penyakit inflamasi kulit yang disebabkan autoimun, bersifat kronis dan residif. Pasien psoriasis yang parah akan mengalami peningkatan faktor-faktor inflamasi. Skor PASI dapat digunakan untuk menilai derajat keparahan dari psoriasis. Peningkatan faktor-faktor inflamasi juga terjadi pada kondisi orang dengan berat badan berlebih hingga obesitas, keadaan tersebut dapat diukur dengan menghitung indeks massa tubuh (IMT). Tujuan penelitian adalah untuk mengetahui hubungan antara skor PASI dan IMT pada pasien psoriasis di RSUD dr. Soedarso Pontianak. Penelitian ini merupakan penelitian *cross sectional* dan menggunakan uji *Chi-Square* penggabungan sel dengan $p < 0,05$. Subjek penelitian sebanyak 35 orang dipilih menggunakan *consecutive sampling*. Skor PASI dinilai langsung menggunakan kuisioner PASI sedangkan IMT dinilai dengan melakukan pengukuran langsung. Berdasarkan hasil penelitian didapatkan skor PASI ringan hingga sedang memiliki IMT *underweight-normal* berjumlah 19 orang, sedangkan pasien dengan IMT *overweight-obesity* sebanyak 2 orang. Pasien psoriasis dengan skor PASI berat hingga sangat berat hanya memiliki IMT *overweight-obesity* sebanyak 14 orang. Terdapat hubungan bermakna antara IMT terhadap skor PASI ($p=0,000$). Hasil ini membuktikan bahwa peningkatan indeks massa tubuh (*overweight - obesity*) dapat meningkatkan derajat keparahan psoriasis.

Kata kunci : Psoriasis, Skor PASI, Indeks massa tubuh, *overweight, obesity*.

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**THE CORRELATION BETWEEN THE BODY MASS INDEX (BMI) TO
THE PSORIASIS AREA AND SEVERITY INDEX (PASI) SCORE OF
PSORIASIS PATIENTS AT DR. SOEDARSO DISTRICT GENERAL
HOSPITAL PONTIANAK**

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Abstract

Psoriasis is an inflammatory skin disease that is caused by an autoimmunity. It is chronic and recurrent. Severe psoriasis patients will experience increased inflammatory factors. The severity of psoriasis can be assessed by PASI score. Increased inflammatory factors also occur to the people with the state of overweight to obesity. The situation can be measured by calculating the body mass index (BMI). The aim of this research is to know the relation between PASI score and BMI on psoriasis patients in RSUD dr. Soedarso Pontianak. This study was done with cross sectional data analysis and was calculated by Chi-Square test with the level of significance $p < 0,05$. A total 35 research subjects were chosen as research subject by using consecutive sampling. PASI score was directly assessed by PASI questionnaire while BMI was assessed by directly measuring the weight and height of psoriasis patients. According to the result of this research, it revealed that there were 19 persons with mild to moderate PASI score who had underweight to normal BMI and 2 persons who had overweight to obesity BMI. Meanwhile, there were 14 persons with severe to high severity PASI score who had overweight to obesity BMI. Thus, there is a significant correlation between the BMI to the PASI score ($p=0,000$). These findings prove that the increase of the BMI (overweight to obesity) may increase the severity of psoriasis.

Keywords : Psoriasis, *Psoriasis Area Severity Index* (PASI) score, Body Mass Index (BMI), overweight, obesity.

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