



**“ASSESSMENT OF STRESS, ANXIETY AND DEPRESSION AND
ITS CORRELATION WITH INFLAMMATORY INFILTRATE IN
LICHEN PLANUS - A QUESTIONNAIRE BASED STUDY”**

by

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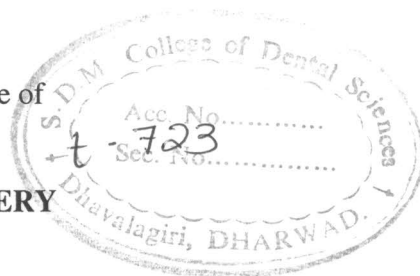
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ABSTRACT

Lichen Planus is a common chronic inflammatory disease of the oral mucosa and skin. The histopathology include subepithelial band-like accumulation of mononuclear cells focused to the basal keratinocytes. Internal factors such as chronic stress has seen to be interfering in various immune responses in the body with profound effects on the inflammatory cells. Lichen planus being one such psychosomatic disease where stress, anxiety and emotional changes have been shown to be acting as cofactors in exacerbation of the disease.

The aim of the present study was to study the inflammatory infiltrate in oral lichen planus and chronic inflammatory lesions (inflammatory hyperplasias) and correlate it with the psychological status of the patients. The cases studied included a total of 35 cases comprising of 20 study and 15 control cases. Light microscopic evaluation of all the confirmed cases of chronic inflammatory lesion and oral lichen planus were subjected to haematoxylin & eosin and toluidene blue staining for quantification of lymphocytes and mast cells respectively. A questionnaire based response using *DASS 42 scale for stress, anxiety and depression* was taken from study and control patients.

Our study revealed a quantitative difference in inflammatory cells in lichen planus compared to control. A significantly high value for psychological status was obtained, however the study did not show any inter-relationship within the subsets of inflammatory cell and within the psychological factors.

Although numerical differences may prove useful in assessing inflammatory cells in Lichen Planus, studies should be aimed at correlating the inflammatory markers, serum cortisol levels and various phases and clinical forms of lichen planus.

Key Words: Oral lichen planus; quantitative assessment; lymphocytes; mast cells; DASS 42 scale.