

Korelasi Kualitas Hidup (MELASQoL-INA) Pasien Melasma dengan Perbaikan Klinis (mMASI) Pascaterapi Krim Triple Combination = Correlation Between Quality of Life Improvement as Measured by MELASQoL-INA and Reduction of Modified Melasma Area and Severity Index (mMASI) Following Triple Combination Cream Therapy

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Abstrak

Melasma merupakan penyakit pigmentasi wajah yang menimbulkan hendaya psikososial. Penurunan kualitas hidup pasien tidak selalu terbukti berkorelasi dengan keparahan klinisnya. MELASQoL-INA adalah instrumen evaluasi kualitas hidup pasien melasma adaptasi Bahasa Indonesia yang tervalidasi, sedangkan modified melasma severity index (mMASI) adalah skoring derajat keparahan melasma. Penelitian ini bertujuan untuk mengetahui apakah perbaikan derajat keparahan melasma pascaterapi krim triple combination (flucinolone acetone 0,01%, hydroquinone 4%, dan tretinoin 0,05%) berkorelasi dengan peningkatan kualitas hidup. Subjek dengan melasma menjalani terapi krim triple combination selama 12 minggu dalam penelitian one group pretest-posttest. Skor MELASQoL-INA dan mMASI dinilai setiap 4 minggu. Tiga puluh perempuan berusia 30-60 tahun, bertipe kulit IV atau V, tanpa penyakit kulit lain di wajah, menyelesaikan seluruh rangkaian penelitian. Pada kunjungan awal, median skor mMASI dan MELASQoL-INA adalah 4,45 (1,3–13,9) dan 37 (10-70). Pada minggu ke-12 terjadi penurunan median skor mMASI menjadi 1,80 (0,60-6,30; $p<0,001$) dan skor MELASQoL-INA menjadi 17 (10-59; $p<0,001$). Skor mMASI pascaterapi tidak terbukti berkorelasi dengan skor MELASQoL-INA ($r=0,029$; $p=0,879$), namun perbaikan skor mMASI terbukti berkorelasi positif lemah dengan perbaikan skor MELASQoL-INA ($r=0,397$; $p=0,03$). Terapi krim triple combination selama 12 minggu memperbaiki keparahan melasma dan kualitas hidup pasien secara bermakna. Terdapat korelasi bermakna antara perubahan skor keduanya.

.....Melasma is a common facial pigmentary disorder. Despite causing psychosocial distress, the reduced quality of life (QoL) was not consistently shown to correlate with clinical severity. MELASQoL-INA is a validated instrument adapted into Indonesian for evaluating the QoL of melasma patient, while modified melasma area and severity index (mMASI) was a tool for assessing melasma severity. Aim: To determine if clinical improvement after triple combination cream therapy (flucinolone acetone 0.01%, hydroquinone 4%, and tretinoin 0.05%) correlated with increased QoL. Subjects with melasma were treated with triple combination cream for 12 weeks in a one-group pretest-posttest study. MELASQoL-INA and mMASI assessments were carried out every 4 weeks. Thirty females aged 30-60 year-old, skin type IV or V, and devoid of other facial skin problems had completed the study. At the initial visit the median of mMASI and MELASQoL-INA score were 4.45 (1.3–13.9) and 37 (10–70). At week-12, the median of mMASI score was reduced to 1.80 (0.60-6.30; $p<0.001$) and MELASQoL-INA score to 17 (10-59; $p<0.001$). While there was no correlation between posttreatment mMASI and MELASQoL-INA scores ($r=0.029$; $p=0.879$), a weak positive correlation was found between the change of mMASI and MELASQoL-INA scores ($r=0.397$; $p=0.03$). Twelve-week course of triple combination cream alleviated melasma severity and patient's quality of life significantly. There was a significant, but weak, correlation between the improvement in severity and

quality of life.