

# **Analysis of the effects of lifestyle behavior and mental health on skin properties and barriers**

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The effects of lifestyle behavior and mental health (stress, depression, etc.) on skin appearance and function have been discussed, but there is a lack of evidence, and much is unknown regarding how these affect skin properties and functions. In this study, we assessed what parameters of the skin were affected by various lifestyle and mental health indicators by analyzing the relationship between information on daily lifestyle behavior and mental state and skin barrier assessment indicators obtained at the same time. Patients with atopic dermatitis tended to have a lower Vitality index and more depressed mental states than healthy subjects. It was also found that the Vitality index was negatively correlated with the skin barrier index, Transepidermal water loss (TEWL). It was considered necessary to conduct a larger study to verify the association between mental status and skin barrier in healthy subjects. The present study suggests that mental health is related to the degree of skin barrier abnormalities in patients with atopic dermatitis and recalls the possibility of a psychogenic approach in the treatment of atopic dermatitis.