**Methods**

The study flowchart is shown in Figure 1.

The study included 166 patients with plaque psoriasis (55.6% women and 44.3% men) with Psoriasis Area and Severity Index scores ≤10. The inclusion criteria of the study were: duration of psoriasis >2 years, age ≥18 years, and lack of other somatic or mental disorders during the 3 months preceding the study (Table 1).

The study group included 54.5% of married persons, 28.4% of singles, 11.4% of divorcees, and 5.7% of widows/widowers. The proportions of respondents with higher and secondary education were 50 and 31.8%, respectively. The vast majority of the study participants were city dwellers (75%) and employed persons (85.2%).

The study patients completed the Polish version of the 6-item Stigmatization Scale and the 33-item Feelings of Stigmatization Questionnaire and a survey developed by the authors of this study, containing questions about sociodemographic characteristics of the participants (sex, age, place of residence, marital status, education, employment status) and information about their disease (location of psoriatic lesions, time elapsed since the diagnosis of psoriasis).

The 6-item Stigmatization Scale comprises six single-choice statements. In the Polish adaptation, each answer can score 0–3 points, with 0 = never, 1 = sometimes, 2 = very often, and 3 = always. The global score can range from 0 points, interpreted as a lack of stigmatization, to 18 points, which corresponds to maximum stigmatization [9].

The 33-item Feelings of Stigmatization Questionnaire consists of 33 single-choice questions. In the Polish version of the instrument, the answer to each question can be scored on a scale from 0 to 5, where 5 corresponds to “definitely yes,” 4 to “yes,” 3 to “rather yes,” 2 to “rather no,” 1 to “no,” and 0 to “definitely no.” The scale for questions No. 9, 11, 12, 16, 17, 20, 23, 25, and 33 is inverted, so regardless of the question, a higher score corresponds to higher stigmatization level. The questionnaire is used to determine the level of disease-related stigmatization in six domains: (1) anticipation of rejection, (2) feeling of being flawed, (3) sensitivity to the opinions of others, (4) guilt and shame, (5) positive attitudes, and (6) secretiveness. The overall score of the 33-item Feelings of Stigmatization Questionnaire can range from 0 points (lack of stigmatization) to 165 points (maximum stigmatization level) [9].

To provide a better insight into the problem in question, stigmatization levels were stratified according to sociodemographic factors: sex, age, place of residence, marital status, and education and occupation, as well as according to clinical characteristics: duration of psoriasis and location of psoriatic lesions. Statistical significance of between-group differences in the stigmatization levels was verified with the Student *t* test for independent samples. The results were considered significant at *p* < 0.05.

Relationships between pairs of quantitative variables were analyzed based on the Spearman coefficients of rank correlation. The statistical analysis was carried out with the STATISTICA 12.5 package.