


CASE REPORT**46. Efficacy of Narrowband UVB Phototherapy in Mild to Moderate Psoriasis: A Case Series from Kharkiv, Ukraine**Marharyta Khaustova¹, Andrii Dashchuk¹¹ Department of Dermatovenereology, Surgical Dermatology and Medical Cosmetology; Kharkiv National Medical University, Ukraine

 <https://www.youtube.com/watch?v=4rJ3DHWeKR&list=PLhgNq3xJClbafO0Y5bvBcgMmXpgzJxd44&index=6&t=6067s>

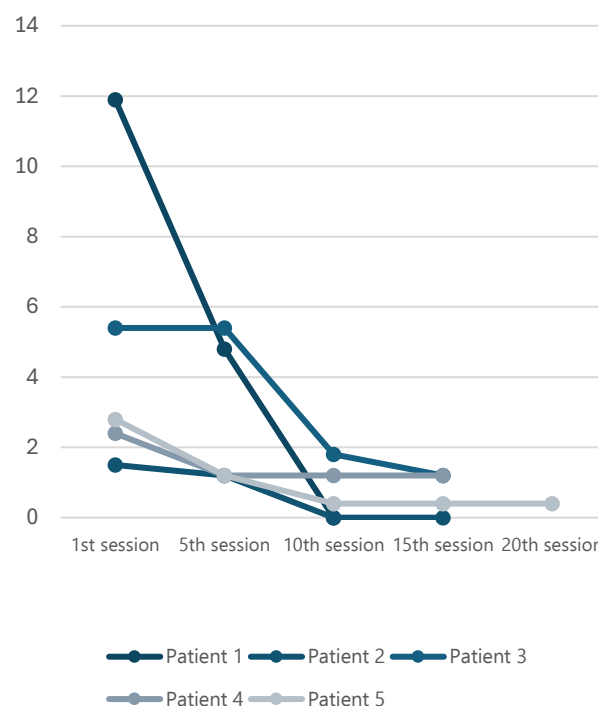
Background. Psoriasis is a genetically determined, chronic autoimmune disease of the skin and joints with a complex immunopathogenesis. Although topical corticosteroids remain the first-line treatment for mild to moderate forms, narrowband UVB (NB-UVB) phototherapy has emerged as an effective non-systemic alternative.

AIM: To evaluate the clinical efficacy of NB-UVB phototherapy in patients with mild to moderate psoriasis using PASI and DLQI scores.

Methods: Five patients were treated with NB-UVB phototherapy at the Dermatologic Centre "Chista shkira" (Kharkiv, Ukraine) between February and May 2025. PASI and DLQI were assessed before and after the course of treatment. All patients received adjunctive topical corticosteroids and antihistamines. Statistical analysis was performed using the Wilcoxon signed-rank test.

Results: The mean PASI score decreased from 4.8 ± 3.78 to 0.56 ± 0.54 ($p = 0.0625$), and DLQI scores also improved, though statistical significance was not achieved ($p = 0.0544$). Clinical improvement, PASI75, was observed in 4 of 5 patients. All patients reported a reduction in pruritus.

Conclusion: NB-UVB phototherapy combined with topical corticosteroids and antihistamines demonstrated clinical improvement in most patients with mild to moderate psoriasis. Although the results did not reach statistical significance due to the small sample size, the findings support further investigation of this therapeutic approach.

Figure 1. PASI Trend.

Legend: The linear diagram represents the progressive decline in PASI scores across treatment sessions; the most notable improvement occurs after the fifth session. PASI - Psoriasis Area and Severity Index.

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