

Psychosocial and symptomatic burden of psoriasis for patients in Europe, the USA and Canada

A. Bewley¹, S. J. Ersser², M. Hansen³, C. Ward⁴

(1) Whipps Cross University Hospital & Barts & the London NHS Trust, UK (2) Faculty of Health and Social Care, University of Hull, UK (3) LEO Pharma A/S, Corporate Scientific Affairs, Ballerup, Denmark (4) Administration Department, Mater Dei Hospital, Malta

Introduction

- The psychological impact of psoriasis, including feelings of stigmatisation and depression, can have an even greater impact on patients' everyday lives than physical symptoms¹⁻⁴
 - Indeed, lesion severity accounts for less than half the impact of psoriasis on patients' health-related quality of life (HRQoL)¹
- The aim of this analysis was:
 - To comprehensively explore the factors that can affect how people with psoriasis live their lives, including:
 - Symptom burden
 - Psychosocial impact
 - To inform a holistic understanding and approaches to disease management

References

1. Rapp SR, et al. *J Am Acad Dermatol* 1999; 41:401-7
2. Hrehorow E, et al. *Acta Derm Venereol* 2011; 92:67-72
3. Stern RS, et al. *J Investig Dermatol Symp Proc* 2004; 9:136-9
4. Schmitt J, Ford DE. *J Eur Acad Dermatol Venereol* 2010; 24:885-92

Methods

- Self-administered on-line patient questionnaire
 - Developed based on the results of a previous in-depth qualitative study*
 - Adults from the Canada, France, Germany, Italy, Spain, the UK and the US were recruited to join a database
 - Recruitment via a mix of telephone and on-line methods, including banner adverts and direct email
 - Those who indicated their willingness to participate and confirmed that they suffered from psoriasis and/or psoriatic arthritis were subsequently invited to complete the survey on-line

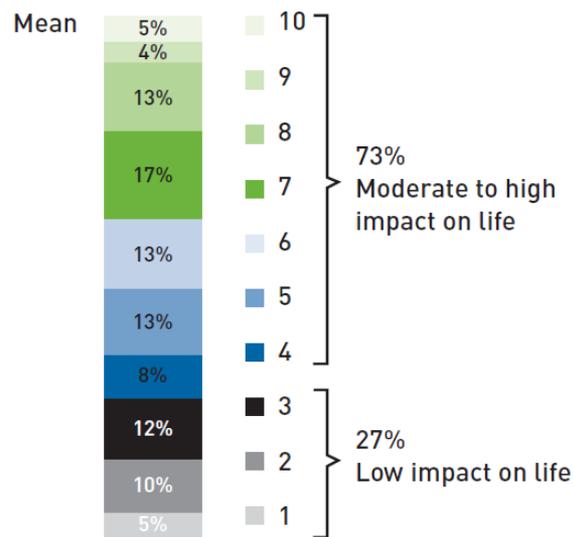
- A model was developed using ANOVA with the F-test to compare components of the total deviation, to identify the factors associated with the impact psoriasis has on patients' lives
 - Factors analysed in the model included symptom burden, healthcare professional (HCP) relationships, patient factors and the psychosocial impact of psoriasis

*56 patients with psoriasis vulgaris from Canada, France, Germany, Italy, Spain, the UK and the US (data on file)

Results

- The quantitative survey was completed by 3,822 patients
- Most patients (73%) scored their psoriasis as having a moderate-high impact on their lives (Figure 1)

Figure 1: Impact of psoriasis on patients' lives



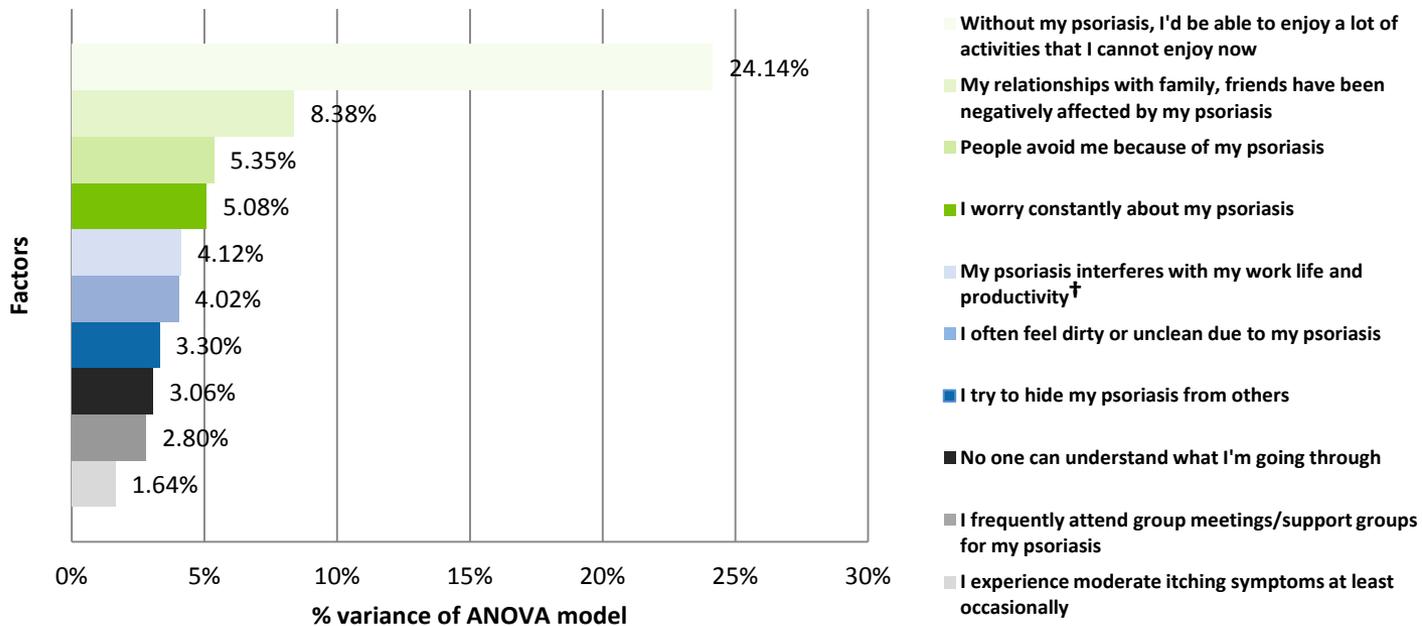
Q2 How much impact do you think your psoriasis has on your life as a whole from a scale of 1 to 10, where 1 means "Has no impact at all" and where 10 means "Has an extremely high impact". Please select only one response. Base: 3822

- Itching (86%) was the most commonly reported physical symptom
 - Many patients reported problems sleeping (44%) or concentrating (43%) due to itching
- Over half (57%) of patients rated their psoriasis as moderate to severe based on what their HCP has told them*
- Most patients (73%) stated that they do not feel knowledgeable about their psoriasis
- Most patients (78%) agreed that they would do anything to improve their psoriasis
- Nearly half of patients (47%) agreed that they do not think that there is anything they can do about their psoriasis

Results

- A quarter of patients agreed with the statement “my psoriasis dictates how I lead my life” – highest impact group
 - Factors that were most strongly associated with this agreement dealt with daily activities, stigmatisation, isolation and anxiety (Figure 2)
 - However, diagnosed symptom severity was not a significant indicator

Figure 2: Factors most strongly associated with “my psoriasis dictates how I lead my life”*



*All $P < 0.01$; Adjusted R-squared value, 0.52

†question was posed negatively, giving a negative correlation

Conclusions

- Our study indicates that it is the psychosocial co-morbidities of psoriasis that are the predominant morbidity for patients
- This is the first truly large scale international study of psoriasis impact informed by both qualitative and quantitative data
- Feelings of restriction, isolation, stigmatisation and anxiety were all indicators of a high impact of psoriasis on everyday life; and more important than diagnosed symptom severity
- We plan further analysis of this comprehensive data set, which we believe will facilitate identification of discrete patient groups
 - This could help to individualise care; thereby optimising treatment adherence and outcomes, and minimising impact on patients' lives