Psoriasis and Beyond: Interim results of the global psoriatic disease survey capturing patient perspectives

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INTRODUCTION

- Psoriatic disease (PsD) is a chronic systemic inflammatory disorder that comprises a wide spectrum of clinical manifestations (across skin, its appendages, and joints)[1–7] and comorbidities[8]
- The ultimate goal of PsD management is to reduce the systemic inflammatory burden and thus clear (or significantly improve) skin disease, control those manifestations associated with major burden, improve quality of life (QoL) and prevent further disability[9–13]
- It has a significant impact on QoL of patients, which results in social stigma and discrimination, disability and deterioration of functioning[14-15]
- Although scientific research in psoriasis (PsO) and psoriatic arthritis (PsA) has grown significantly, the patient perspective remains insufficiently explored. The complexity of PsO, PsA and related manifestations are not yet widely understood, and it is still unclear to what extent patients are aware of PsD and its comorbidities
- Psoriasis and Beyond: The Global Psoriatic Disease Survey is a joint research initiative between IFPA, dermatology experts and Novartis that aimed to assess patients' understanding of PsO and PsA as part of a systemic disease and describe the humanistic and physical burden of living with the condition

Study Design and Patients

- A cross-sectional, quantitative online survey conducted in approximately 5000 patients aged ≥18 years with an affected body surface area of >5% to <10% from 20 countries across Europe, North/South America, Asia, and Australia with moderate to severe plaque PsO with/without concomitant PsA
- The questionnaire used a combination of validated tools such as the Dermatology Life Quality Index (DLQI)[14] and Work Productivity and Activity Impairment (WPAI) as well as questions included in the previous 'Clear about Psorasis' survey, to allow comparability[15], and new questions tailored to meet objectives of this survey
- Primary data was collected following assessment of participant eligibility via a 5-minute online screener followed by a 25-minute online survey
- The interim results (as of January 2021) comprising a total of 1678 responses analysed across 11 countries from Europe, North/South America and Asia, are presented here

ASSESSMENTS AND ENDPOINTS

- Endpoints evaluated in the study include:
  - Awareness and understanding of the terms 'systemic disease' and 'psoriatic disease'
  - Awareness of manifestations and comorbidities of PsD
  - Physical impact of the disease
  - Impact of disease on everyday experiences, social and personal life, self-esteem and emotional impact
- Analysis involved descriptive statistics

RESULTS

Baseline demographics and clinical characteristics

- A total of 1678 responses were analysed in the interim analysis
- Of the patients surveyed online, 52% were women (age 40.1 years) and 48% were men (age 40.0 years)
- Overall, 31% of PsO patients reported PsA, 80% of whom stated PsA severity as moderately or highly active

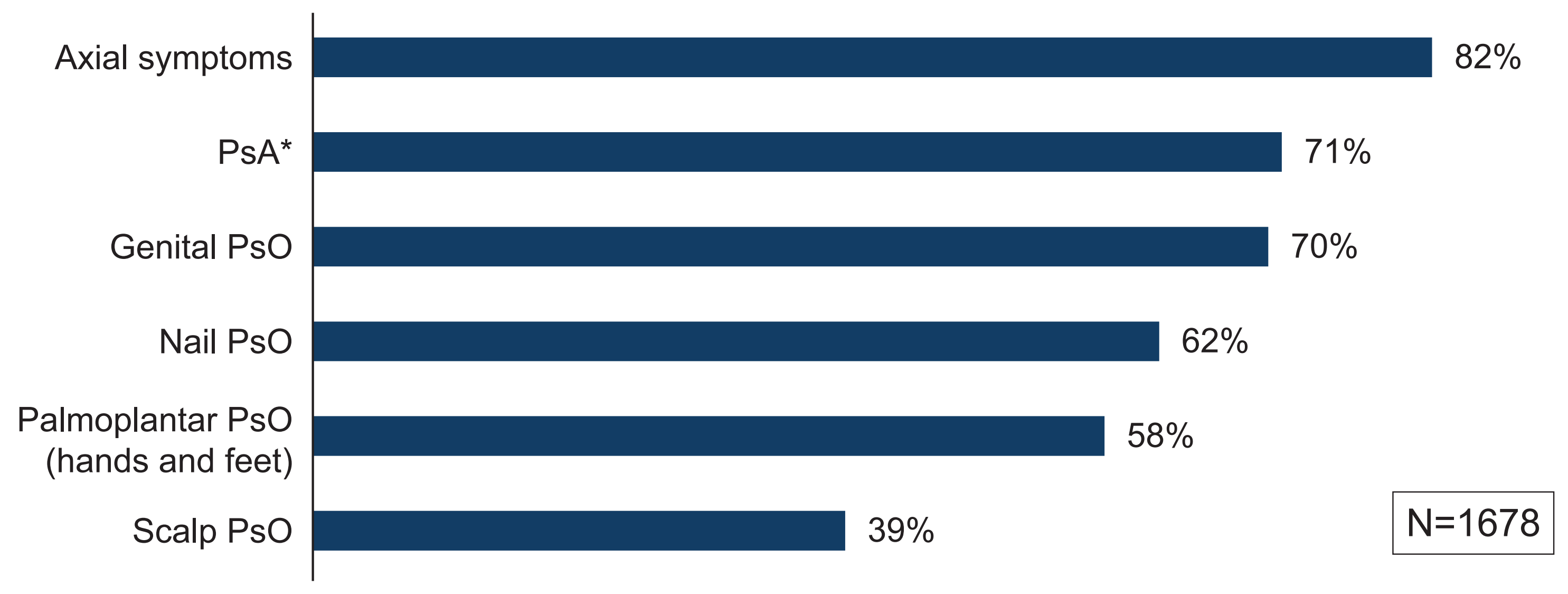
Awareness of psoriatic disease

- The results showed that 73% and 63% of the patients surveyed had previously heard the terms 'systemic disease' and 'psoriatic disease', respectively

Awareness of manifestations

- A high proportion of patients were unaware that axial symptoms (82%), PsA (71%), genital psoriasis (70%), nail psoriasis (62%), palmoplantar psoriasis (58%), and scalp psoriasis (39%) were PsD manifestations (**Figure 1**)

Figure 1. Unawareness of psoriatic disease manifestations



*Only shown to PsO only patients.
PsA, psoriatic arthritis; PsO, psoriasis.

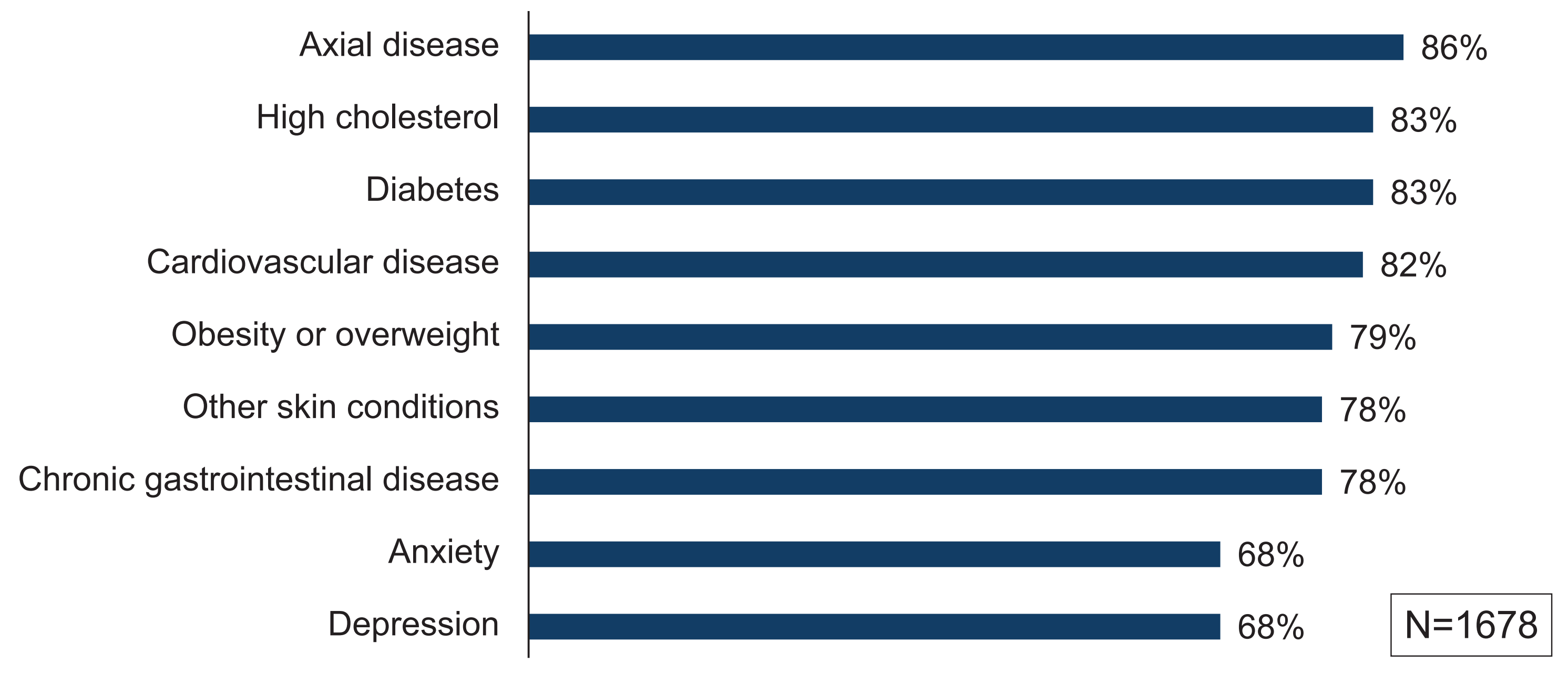
Awareness of comorbidities

- A high proportion of patients were unaware of the associated comorbidities such as obesity (79%), high cholesterol (83%), cardiovascular diseases (82%), diabetes (83%) and axial disease (86%) (**Figure 2**)

Physical impact of the psoriatic diseases

- Swollen and tender joints, especially in finger(s) and/or toes, were the most commonly experienced current symptoms of PsA patients (70%), followed by heel pain (46%), swelling on back of legs/above the heels (45%) and stiffness in the morning that faded during the day (45%)

Figure 2. Unawareness of comorbidities



Impact on quality of life

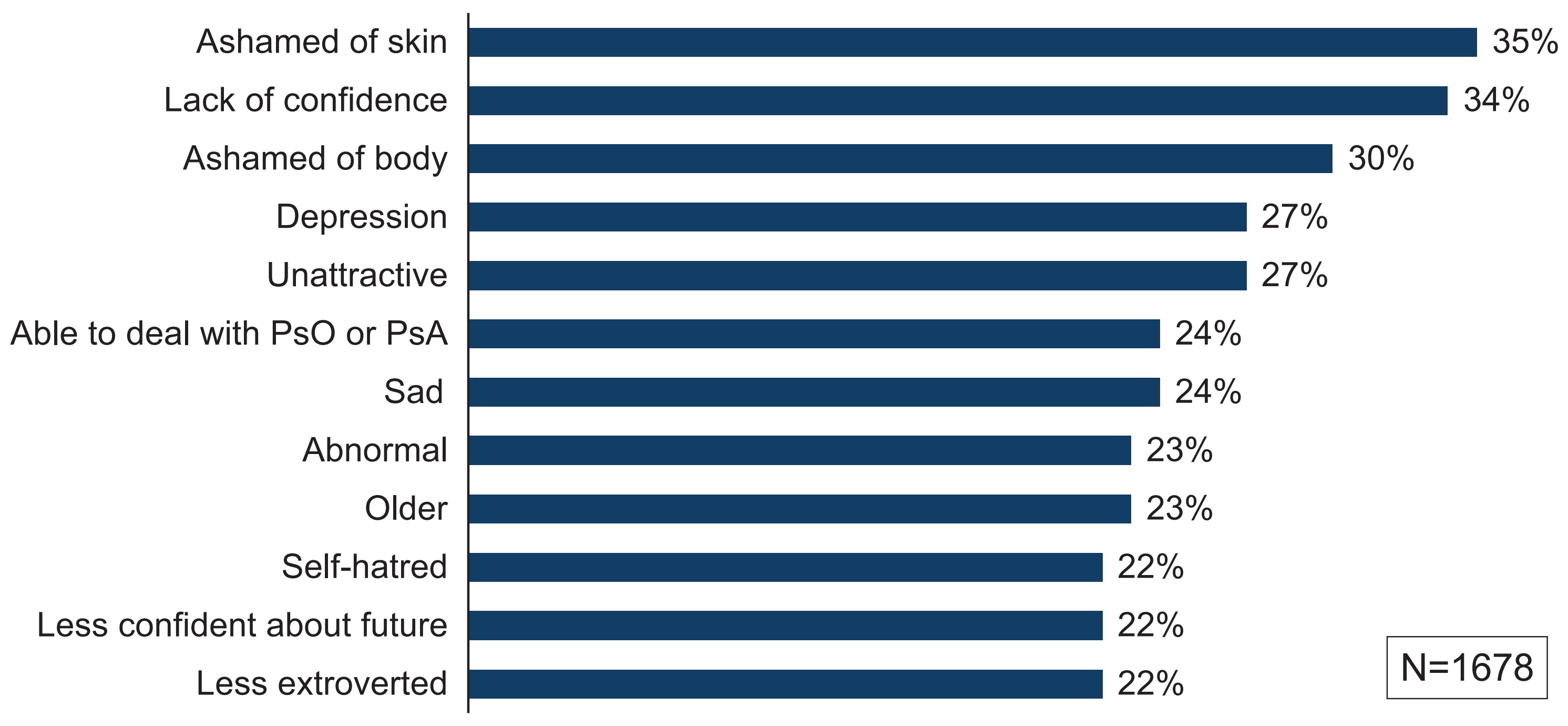
- Of all the patients surveyed, 35% were not able to go to work at all due to their skin problems during last week. A total of 10% of patients experienced discrimination at work, and PsO affected the choice of work or career for 14% of patients
- Results also showed that 84% of patients experienced social stigma and discrimination in public. Mostly they were asked if they were contagious (36%) and were stared at in public (32%) (**Figure 3**)

Figure 3. Stigma and discrimination: Experiences of patients

*e.g. Refusal to provide me a treatment at a beauty clinic/cosmetic studio, people refusing to serve me in shops, being asked to leave a form of public transport.
PsA, psoriatic arthritis; PsO, psoriasis.

- Approximately 82% of patients felt that their the disease impacted past or current relationships with their partners
- Patients associated living with PsO or PsA with feeling ashamed of skin (35%)/body (30%), less confident (34%), depressed (27%) and unattractive (27%) (**Figure 4**)

Figure 4. Impact of disease on emotions



PsA, psoriatic arthritis; PsO, psoriasis.

CONCLUSIONS

- Results indicate that while a high percentage of patients had heard the terms 'systemic disease' and 'psoriatic disease', they remain unaware of the systemic nature of PsD and the increased risk of associated comorbidities
- Additionally, PsD had negative impact on the quality of life of patients, including their psychosocial wellbeing
- The interim results highlight the disease burden from patients' perspectives. The results underscore the need to recognise the systemic nature of PsD and its various manifestations and comorbidities, as well as the humanistic and physical impact of living with PsD to ensure optimal management of patients

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AUTHORS' DISCLOSURES

April Armstrong serves as research investigator and/or scientific advisor to AbbVie, BI, BMS, EPI, Incyte, Leo, UCB, Janssen, Lilly, Novartis, Ortho Dermatologics, Sun, Dermavant, Dermira, Sanofi, Regeneron, and Pfizer. **Sicily Mburu, Barbra Bohannan** and **Silvia-Fernandez Barrio** do not have any conflicts of interests. **Ivette Alarcon and Susan Frade** are full-time employees at Novartis Pharma AG, Switzerland. **Jihen Toumi** is a full-time employee at Novartis Middle East. **Matthias Augustin** has served as consultant for, or has been a paid speaker for clinical trials sponsored by companies that manufacture drugs used for the treatment of psoriasis, including Abbvie, Almirall, Amgen, Biogen, Boehringer Ingelheim, Celgene, Centocor, GSK, Eli-Lilly, Janssen-Cilag, Leo, Medac, Merck, MSD, Novartis, Pfizer, UCB, and Xenoport.

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