

Psoriasis & Beyond: Indian survey capturing patient perspectives in the understanding of psoriatic disease

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INTRODUCTION & OBJECTIVES

- Psoriatic disease (PsD) is a chronic systemic auto inflammatory disorder that comprises a wide spectrum of manifestations.¹ It has a significant impact on quality of life of patients resulting in social stigma & discrimination, disability & deterioration of functioning^{1,2}
- Although scientific research in psoriasis (PsO) & psoriatic arthritis (PsA) has grown significantly, the patient perspective remains insufficiently explored
- Psoriasis & Beyond was a joint research initiative between Novartis, Ipsos and selected members of patient organizations plus medical experts, that aimed to assess patients' understanding of PsO as a systemic disease

METHODS

Study Design

- This was a cross-sectional, quantitative 30-minutes online survey conducted in multiple countries, in patients aged ≥18 years with moderate-to-severe plaque PsO with/without concomitant PsA, between November 2021 to January 2022
- This poster focuses on the India specific results of the survey

Screening Criteria

- Patients with following criteria were included in the survey
 - Adult patients with ≥18 years old
 - Must **not** have participated in a survey about PsO or PsA in the last 4 weeks
 - Patients who **self-report** to have been **diagnosed** with PsO or PsA before or at the time of data collection
 - Body Surface Area (BSA) of >5 to <10**, which is a standard definition of **moderate-to-severe PsO**, with PsO affecting sensitive and/or prominent body parts: face, palms, hands, fingers, genitals, soles of feet or nails or a BSA of 10 and above as standard definition for severe PsO, when PsO was at its worst

Study Outcomes

Primary Objective

- Patients' understanding of PsO and PsA as part of a systemic disease
- Physical burden of living with the condition
- Humanistic burden of living with the condition

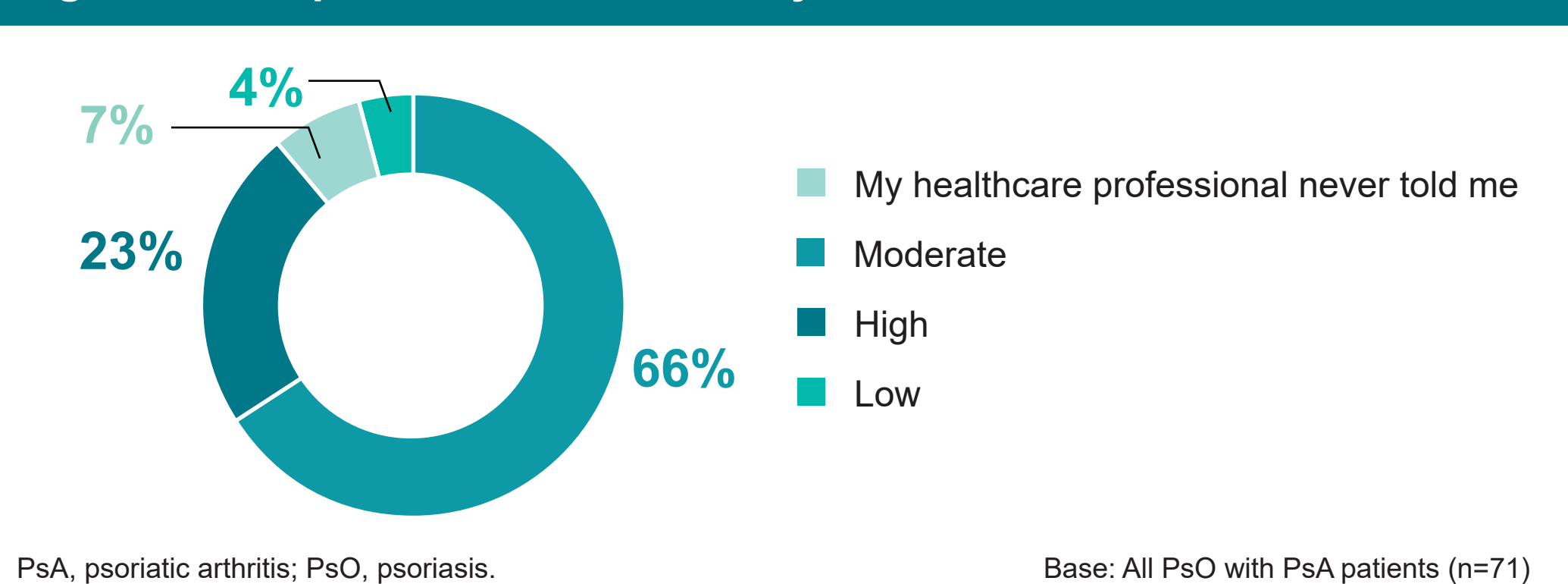
Secondary Objective

- To assess patient's perceptions and attitudes related to their relationship with their physician
- Understanding the patient journey to diagnosis and through the healthcare system
- Assess barriers to self-management, barriers to diagnosis, patient perceptions on biologics, treatment expectations and satisfaction with care

RESULTS

- There were 261 patients of young adult age, of whom 68% were women and 32% were men. 62% patients reported their PsO as being of moderate severity while 38% reported it to be severe when their disease was at its worst
- Overall, 27% patients reported concomitant PsA, of whom 89% stated PsA severity as moderate or severe (Figure 1)

Figure 1. PsA prevalence and severity



- Although majority of the patients were aware of PsO being a systemic disease & the term 'PsD' (90% & 92% respectively), relatively fewer were aware of disease manifesting in areas like scalp (56%), hands & feet (49%) or nails (43%) (Figure 2A). The awareness of comorbidities was also low, especially for cardiovascular disease (33%) & diabetes (28%) (Figure 2B)

Figure 2A. Manifestation patients are aware to be related to their disease

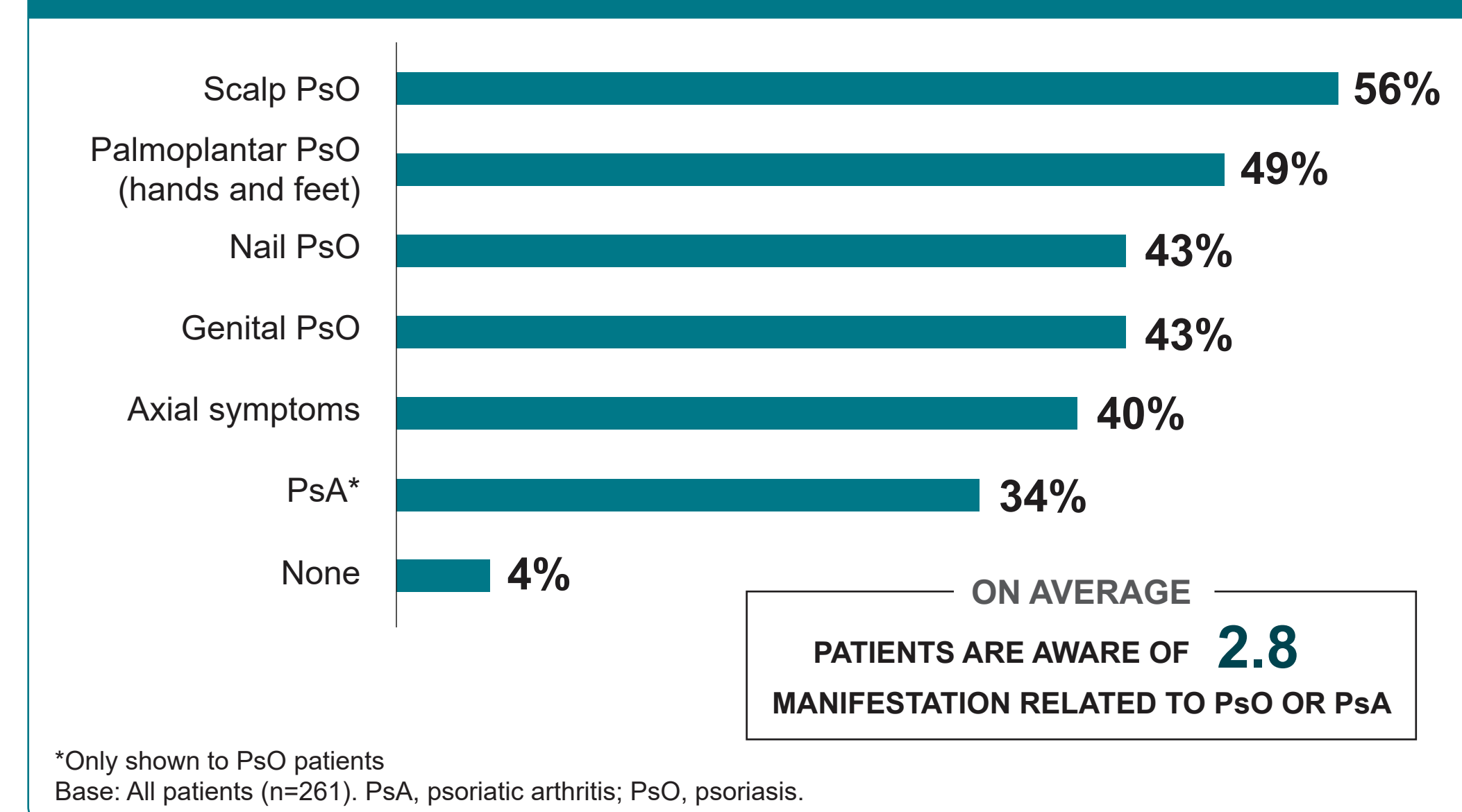
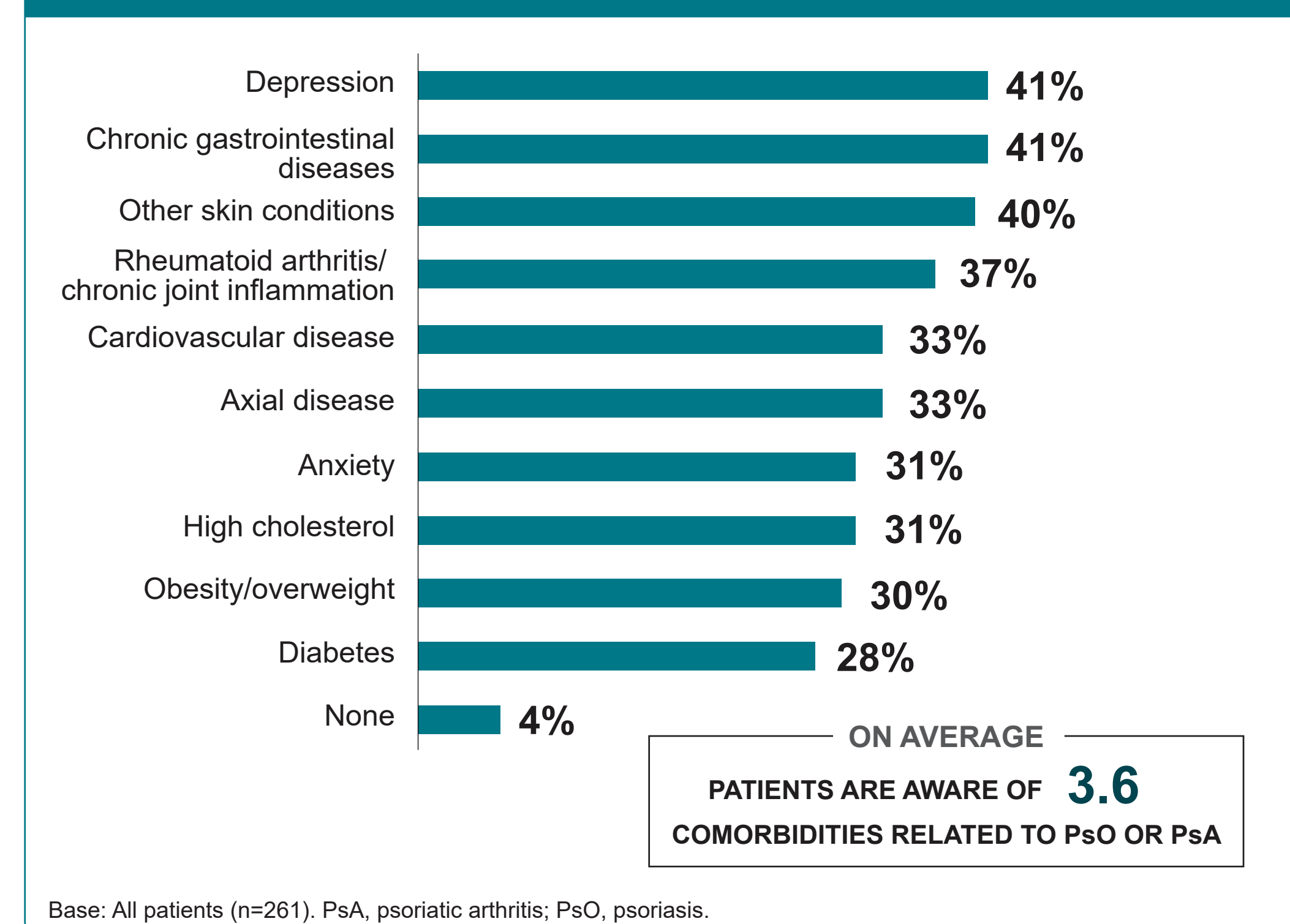
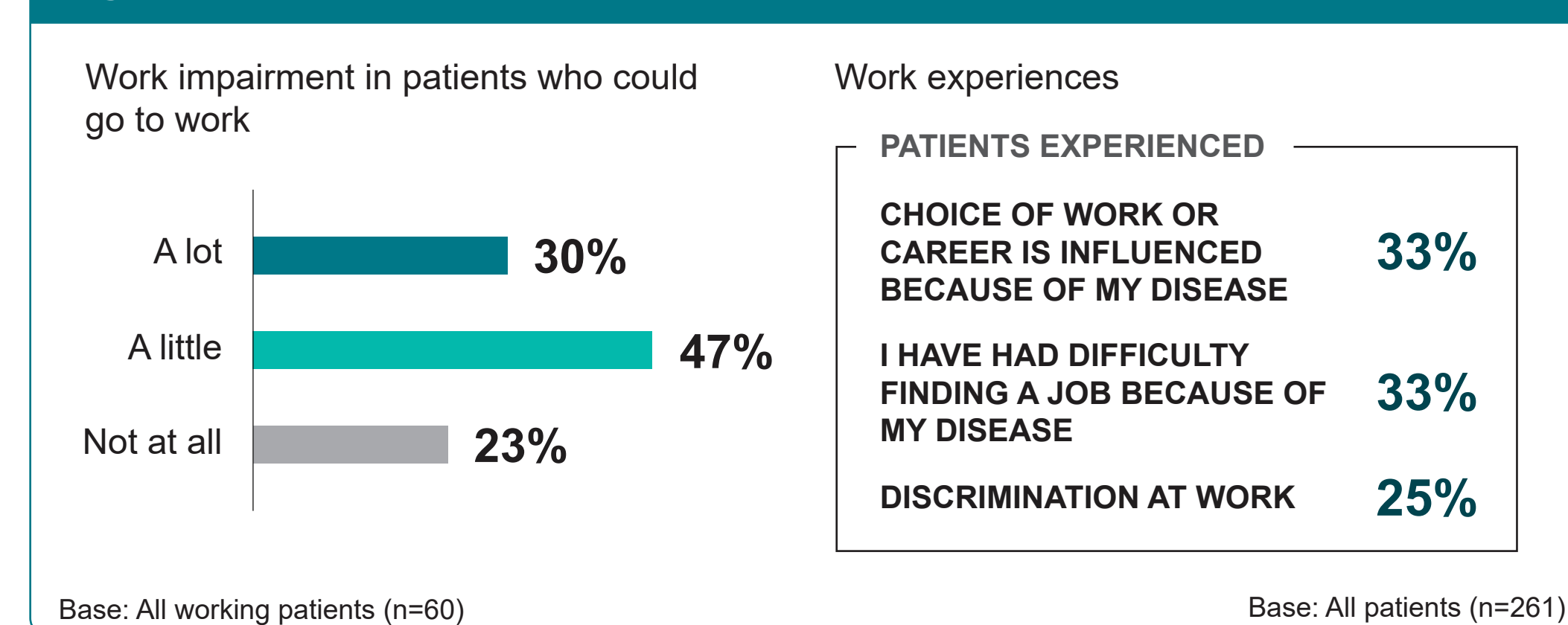


Figure 2B. Comorbidities patients are aware to be related to their disease



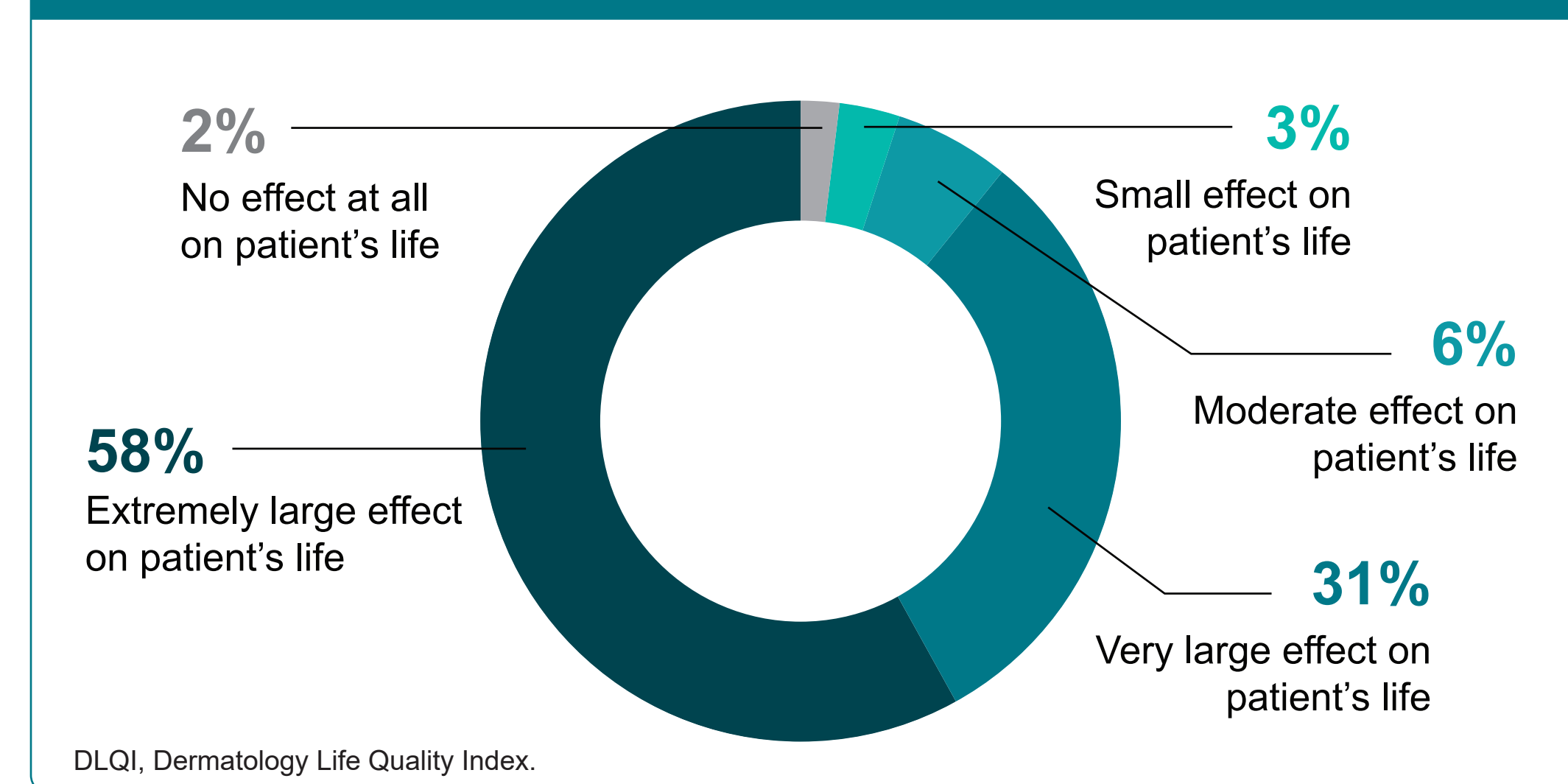
- More than half of the patients reported the source of information regarding their disease to be online platforms (53%) or friends & family (52%)
- The most common current symptom experienced by PsA patients was swelling on the back of the leg, just above the heel (73%), followed by swollen & tender joints especially in fingers & toes (66%) & heel pain (63%)
- The impact of the disease on patients' work & profession was profound, with 33% patients stating they had difficulty even finding a job, 74% stating their skin problem completely prevented them from going to work during the last week & 25% of patients having experienced discrimination at work (Figure 3)

Figure 3. Impact of PsO on work



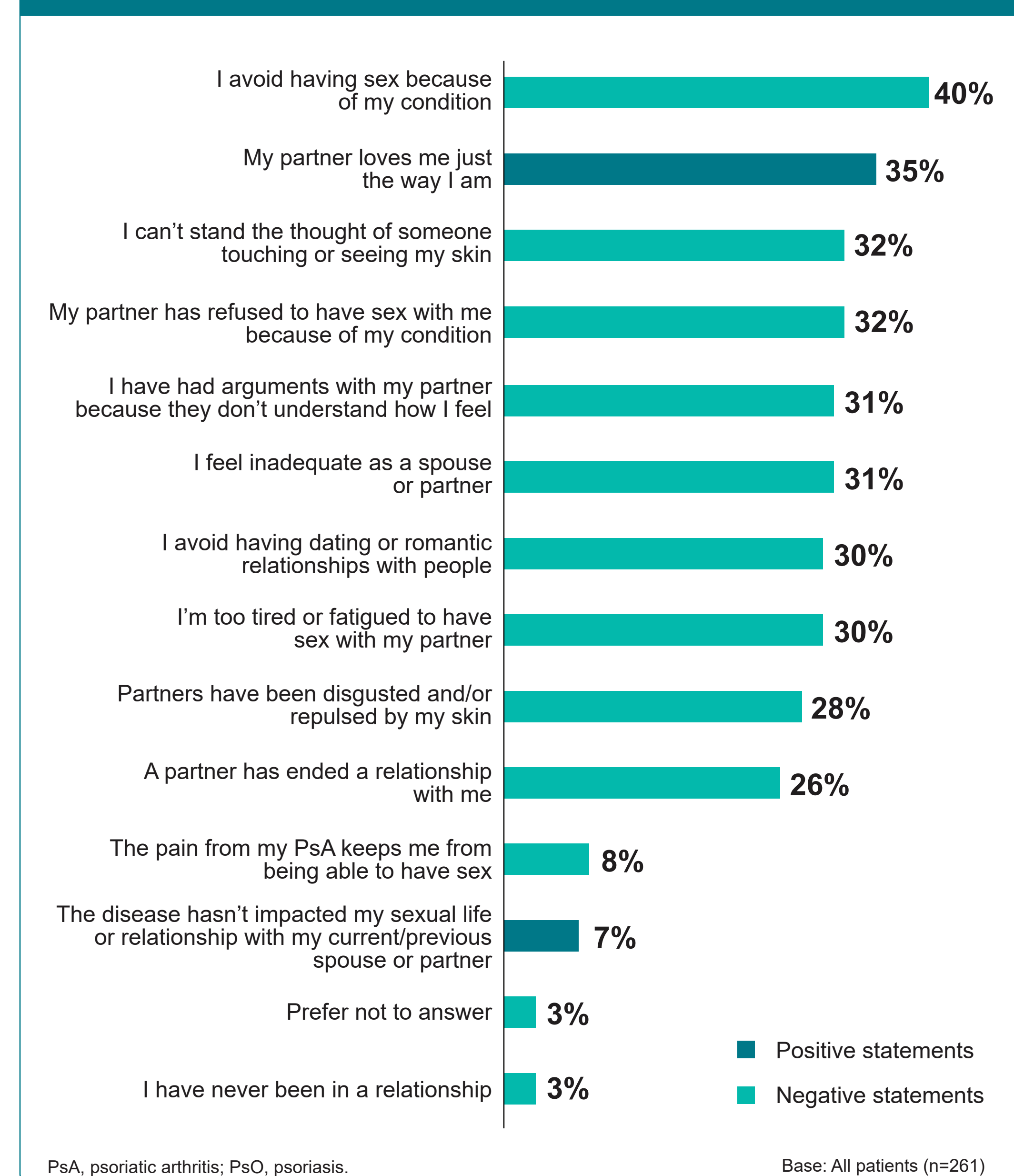
- Using the validated Dermatology Life Quality Index (DLQI) tool, vast majority (89%) of patients indicated their skin problems have a 'very large' to 'extreme' impact on their quality of life (Figure 4). The disease impact was visible in the social aspect as well, with an overwhelming majority having experienced discrimination & stigmatization (97%)

Figure 4. Impact of skin problem on quality of life using DLQI



- A vast majority of the patients (93%) stated that their disease has impacted past or current relationships (Figure 5)

Figure 5. Impact of plaque PsO/PsO and PsA on sexual life and relationships



- Patients associated living with PsO/PsO & PsA with the following feelings: Feeling unable to fulfill their responsibilities to others (39%), feeling unattractive (36%), feeling less self-confident (36%) and/or having their life because of the severity of the disease on some days (36%) (Figure 6)
- Further, patients reported feeling negatively impacted by their disease on how they feel about themselves (40%) but also when socializing (29%) and/or when wearing certain clothes e.g., short sleeve/leg clothes, open shoes/without socks (27%) as well as when engaged in leisure activities (27%) (Figure 7)

Figure 6. Living with plaque PsO/PsO and PsA

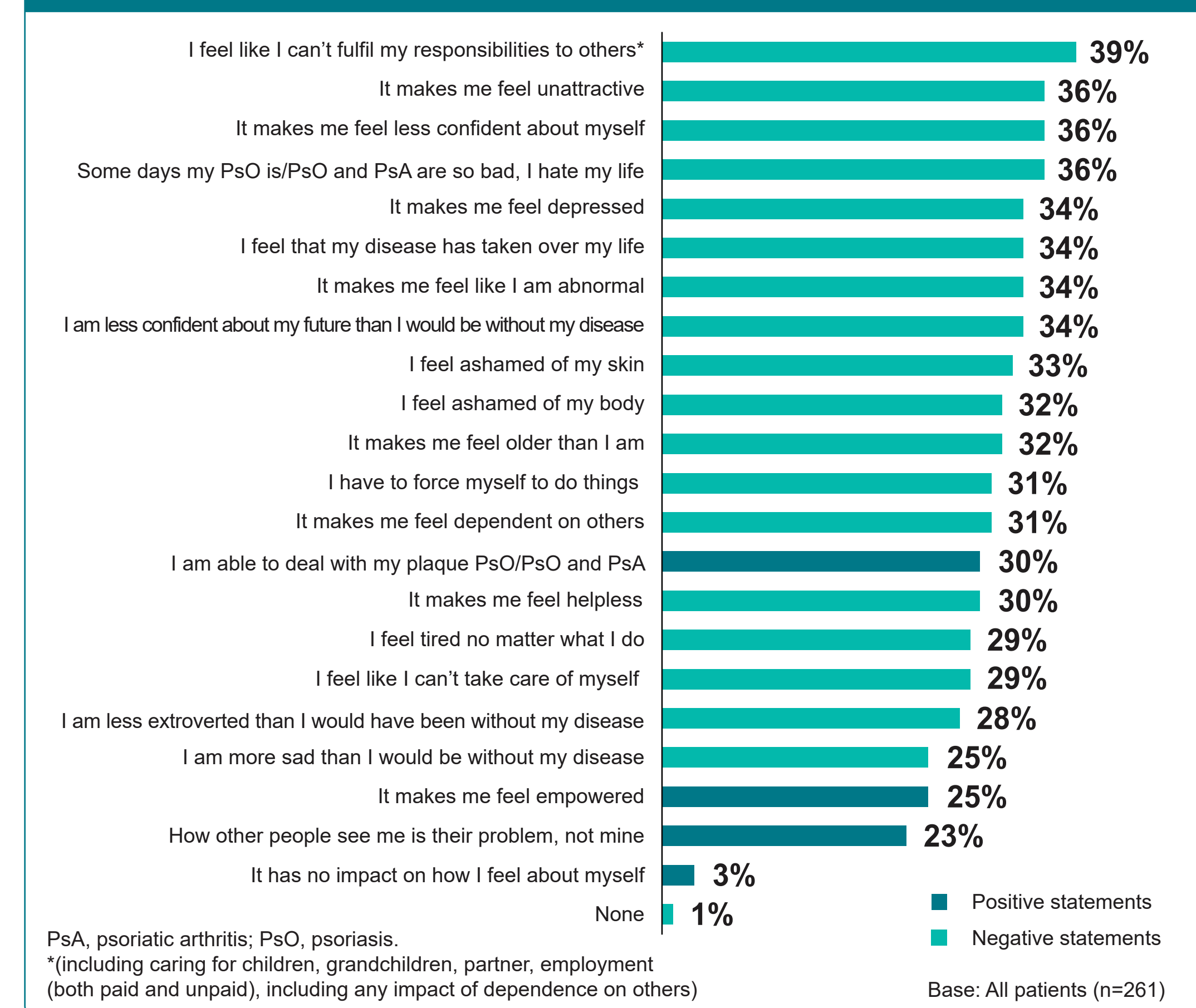
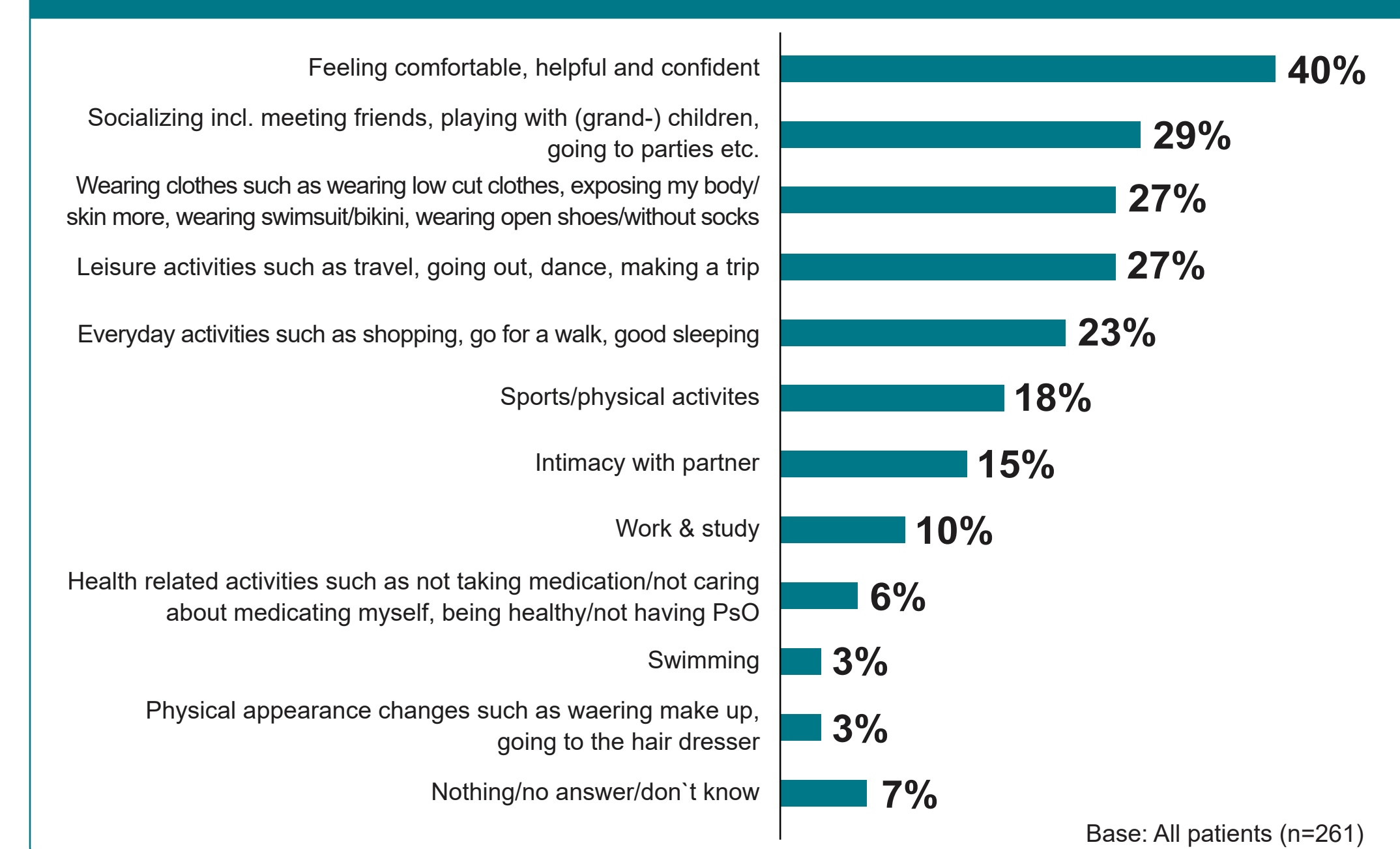


Figure 7. Restriction's patients feel due their disease



CONCLUSIONS

- Majority of the Indian patients seemed to be unaware of the comorbidities associated with psoriatic disease, with a high negative impact seen in quality of life as well as psychosocial well-being, thus underscoring the need for a multidimensional assessment of PsO & PsA, encompassing both clinical & psychological measures

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CONFLICTS OF INTEREST

Dr. Akshay Desai is an employee & Dr. Amol Deshmukh is an ex-employee of Novartis Healthcare Pvt. Ltd., India.

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