

# Patients with moderate-to-severe psoriasis do not believe clearance of their skin is a realistic treatment goal: results from the largest global psoriasis patient survey

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## Introduction

- Psoriasis is a chronic autoimmune disease that affects more than 125 million people worldwide
- Plaque psoriasis is the most common form of the disease and appears as raised red patches covered with a silvery white build-up of dead skin cells
- It has a significant physical and psychological impact on patients' lives as well as a number of significant associated comorbidities, including psoriatic arthritis, metabolic syndrome and depression<sup>1-4</sup>

The *Clear about Psoriasis* survey is the largest global survey of psoriasis patients to date. It offers robust data defining the impact of psoriasis on patients' daily lives – from their own perspective – and for the first time assesses what having clear skin means to them.

The survey aims to improve the understanding of patients' perspectives on clear skin and, importantly, the impact of not achieving it. The primary objective of the survey was to assess the current level of knowledge a patient has and their ability to achieve clear or almost clear skin.

## Materials and methods

The survey, conducted between October 2015 and March 2016, is a global project supported by 25 patient groups from around the world.

Respondents (≥18 years old), recruited via patient organizations and online panels, came from 31 countries across Europe, North America, South America, Australia and Asia. Participants to the survey were anonymous and were told only that a survey on psoriasis was being conducted on behalf of a pharmaceutical company.

The 20-minute survey, which largely consisted of multiple choice questions, was conducted primarily online although some face-to-face interviews were conducted in selected countries where online research was deemed unfeasible.

The Self-Reported Psoriasis Area Severity Index (PASI)<sup>5</sup> was used to assess severity of the disease.\*

Respondents were required to have plaque psoriasis for which they had received a medical diagnosis from a dermatologist and must not have participated in an online survey about psoriasis in the preceding four weeks. Only patients with moderate-to-severe plaque psoriasis were included in the analysis, defined as a PASI score ≥10, or 5.0–9.9 with plaques in visible and/or sensitive areas, such as the face or genitals<sup>5</sup>.

\*Three additional validated scoring methods were used to assess severity of the disease and health-related quality of life including the Medical Outcomes Study Sleep Scale (MOS-SS)<sup>6</sup>, the World Health Organization-5 Quality of Life<sup>7</sup> and the Stanford Presenteeism Scale<sup>8</sup>. These data will be shown at another congress.

## Results

### Participants

The *Clear about Psoriasis* survey is the largest global survey to date of people living with psoriasis, with 398,230 people invited to take part and responses from n=8,338 patients with moderate-to-severe plaque psoriasis.

Patient demographics			
<b>Region</b>			
Europe	59%	Australia	3%
North America	23%	Asia	9%
South America	6%		
<b>Gender</b>			
Male	45%		
Female	55%		
<b>PASI score (average score 14.3)</b>			
PASI 5.0–9.9	32%		
PASI ≥10	68%		
<b>Relationship status</b>			
Married	55%	In a relationship	16%
Single	25%	Other	4%
<b>Occupation status</b>			
Employed	66%	Student	4%
Unemployed	7%	Homemaker	7%
Retired	13%	Other	3%

### Lack of adequate treatment

When asked about their current treatment, 57% of patients reported that they have not achieved clear or almost clear skin. Nearly a third of patients (28%) had to wait five years before receiving treatment that resulted in clear or almost clear skin.

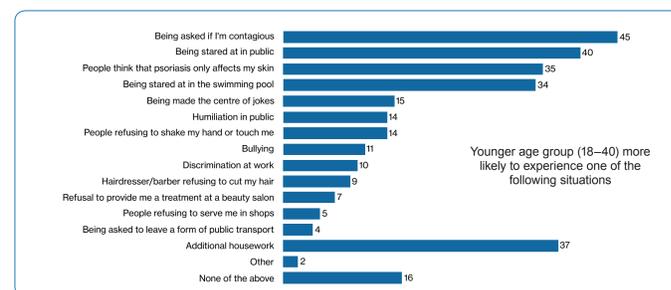
### Treatment expectations

While seven out of ten (70%) patients are comfortable talking to their healthcare professional about wanting clear or almost clear skin, 55% do not believe this is a realistic goal. Furthermore, during consultation only 41% of patients agreed clear or almost clear skin as a treatment target with their healthcare professional.

Of those who achieved clear or almost clear skin, 79% were comfortable telling their doctor they wanted to achieve this goal versus only 63% of patients who had not achieved clear or almost clear skin.

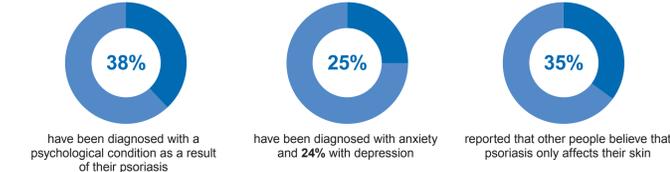
### Impact on daily life

84% of participants reported having faced discrimination or humiliation.

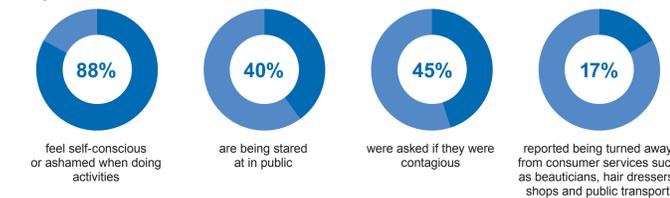


## Psoriasis and the reactions of others affect many aspects of patients' lives:

### Mental health

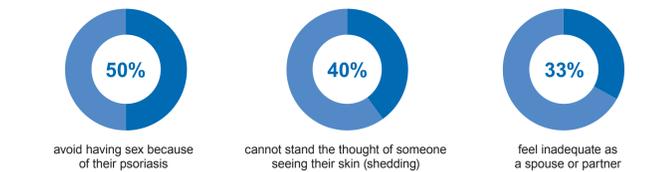


### Daily life



### Relationships

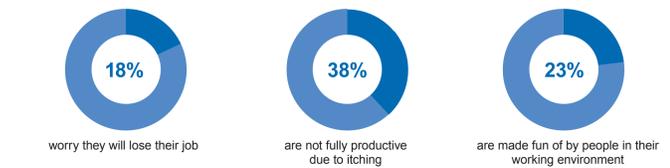
• 43% of patients felt psoriasis had affected their relationships and made it difficult to form intimate relationships. Of these –



### Working lives

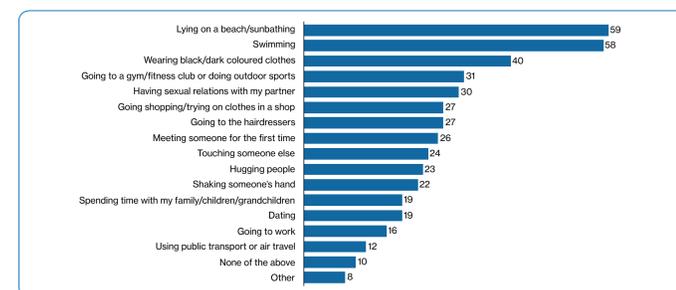
• 41% of patients missed at least one day of work in the last 6 months due to their psoriasis

• 54% of patients felt psoriasis had an impact on their professional life and diminished their productivity and limited career opportunities. Of these –



### What does clear skin mean to patients?

The impact of psoriasis on patients' daily lives is highlighted by the activities they look forward to doing when they achieve clear or almost clear skin. The responses ranged from simple, everyday things such as lying on a beach or sunbathing (59%), going swimming (58%) and wearing black or dark clothes (40%). There are also more personal ones including having sexual relations with their partner (30%) or touching (24%) and hugging (23%) other people.



## Conclusions

- The *Clear about Psoriasis* survey is the largest global survey of psoriasis patients to date and the first to explore the perception of clear or almost clear skin and what it means to patients
- Inadequately managed psoriasis is associated with discrimination, humiliation and psychological conditions such as depression and anxiety, all of which can negatively impact a patient's day-to-day activities and quality of life
- Although the majority of patients are comfortable talking to their healthcare professional about wanting clear or almost clear skin, this is not regularly set as a primary treatment goal
  - > Patients who achieved clear or almost clear skin were more comfortable discussing this goal with their physicians than patients that had not achieved it
- Now clear or almost clear skin is more achievable than ever before this needs to be agreed by patients and their physicians as a treatment goal
- These data highlight a need for greater engagement and education of patients and healthcare professionals about clear or almost clear skin as an achievable treatment goal

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### DISCLOSURE

Novartis initiated and funded the study, which was conducted by the market research company Gesellschaft für Konsumforschung (GfK) Switzerland.