

Patient Reported Impact of Atopic Dermatitis and Desired Treatment Outcomes

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Synopsis

People living with atopic dermatitis often struggle with its physical symptoms and mental health toll. Understanding the holistic impact of atopic dermatitis and desired treatment outcomes is crucial to treating patients and enabling them to live more fulfilling lives.

Conclusions

Understanding the quality-of-life impact of atopic dermatitis along with desired outcomes can help dermatologists develop the most effective approach to treating patients. This includes listening to patient concerns about getting on specific treatments and helping them weigh the concerns against benefits.

Objectives

To understand the impact of atopic dermatitis and desired treatment outcomes.

Method

In February 2024, an email invitation to an online survey was sent to US members of MyEczemaTeam who are living with atopic dermatitis (AD). In total, 104 members participated in the study.

Results

Most (82%) indicated that AD has had a moderate to severe impact on quality of life. (Figure 1)

The emotional toll manifests in feeling anxious (62%), embarrassed (57%), or depressed (54%). "I don't want to be around people when flaring and I do not want to answer the 'what is wrong with you' question." (Figure 2)

Top symptoms include itching (95%), redness (67%), sensitive skin (66%), and cracked/crusty skin (66%). (Figure 3)

Top three treatment goals were consistent with symptom prevalence, including reducing itching (88%), improving skin appearance (56%), or reducing dryness/peeling skin (39%) or reducing the number/size of patches (34%). (Figure 4)

The majority are using an OTC moisturizer (63%), prescription steroid cream (54%) or antihistamines (34%). A smaller number are relying on prescription non-steroid creams (23%). One third (35%) are using 3 or more treatments simultaneously. (Figure 5)

Only 27% of respondents are satisfied with their current treatment regimen. (Figure 6)

Predominant benefits of current regimen include a reduction in itching (63%) and improved skin appearance (41%). (Figure 7)

FIGURE 1. Severity of Symptoms

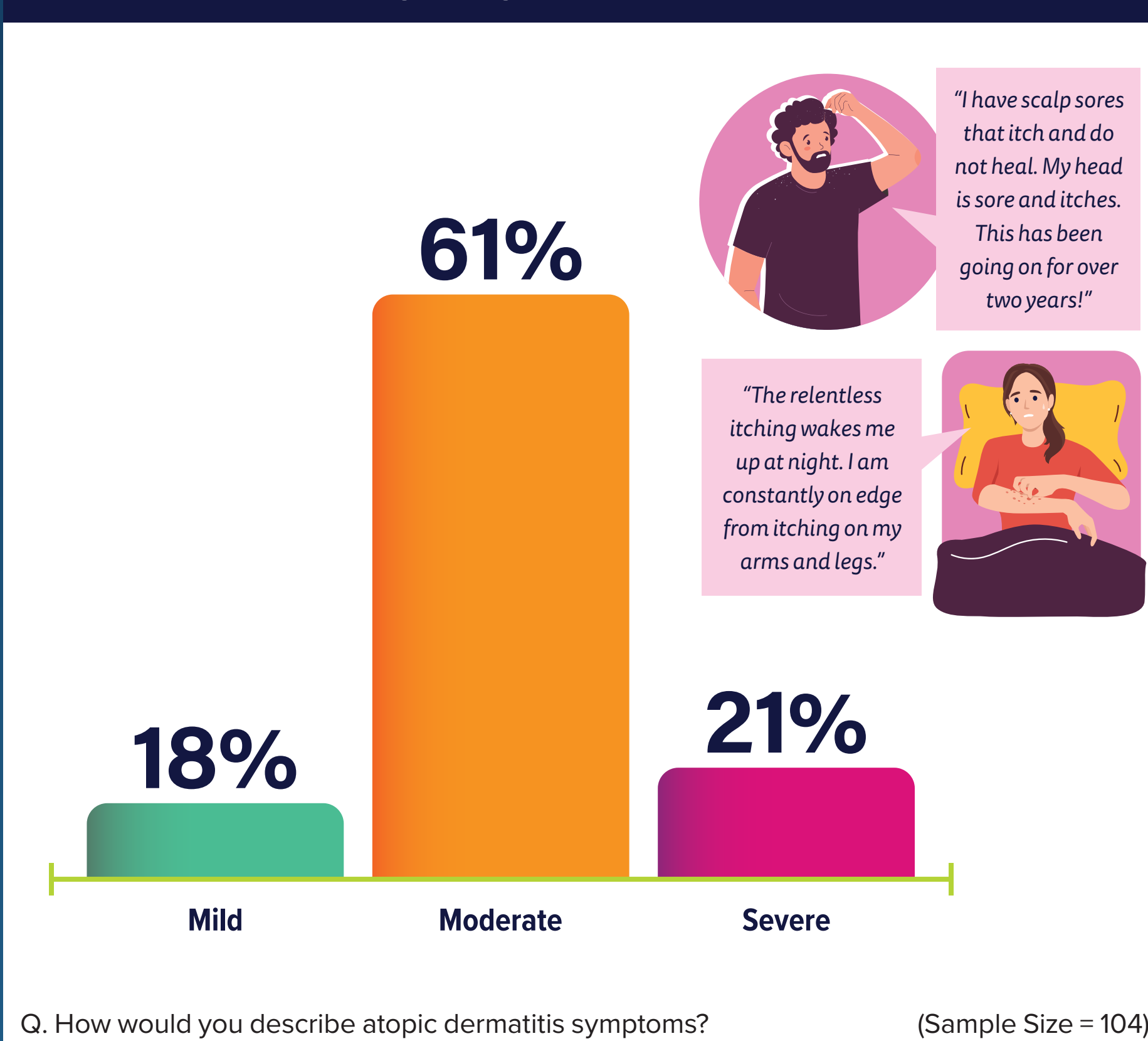


FIGURE 2. Impact on Quality of Life

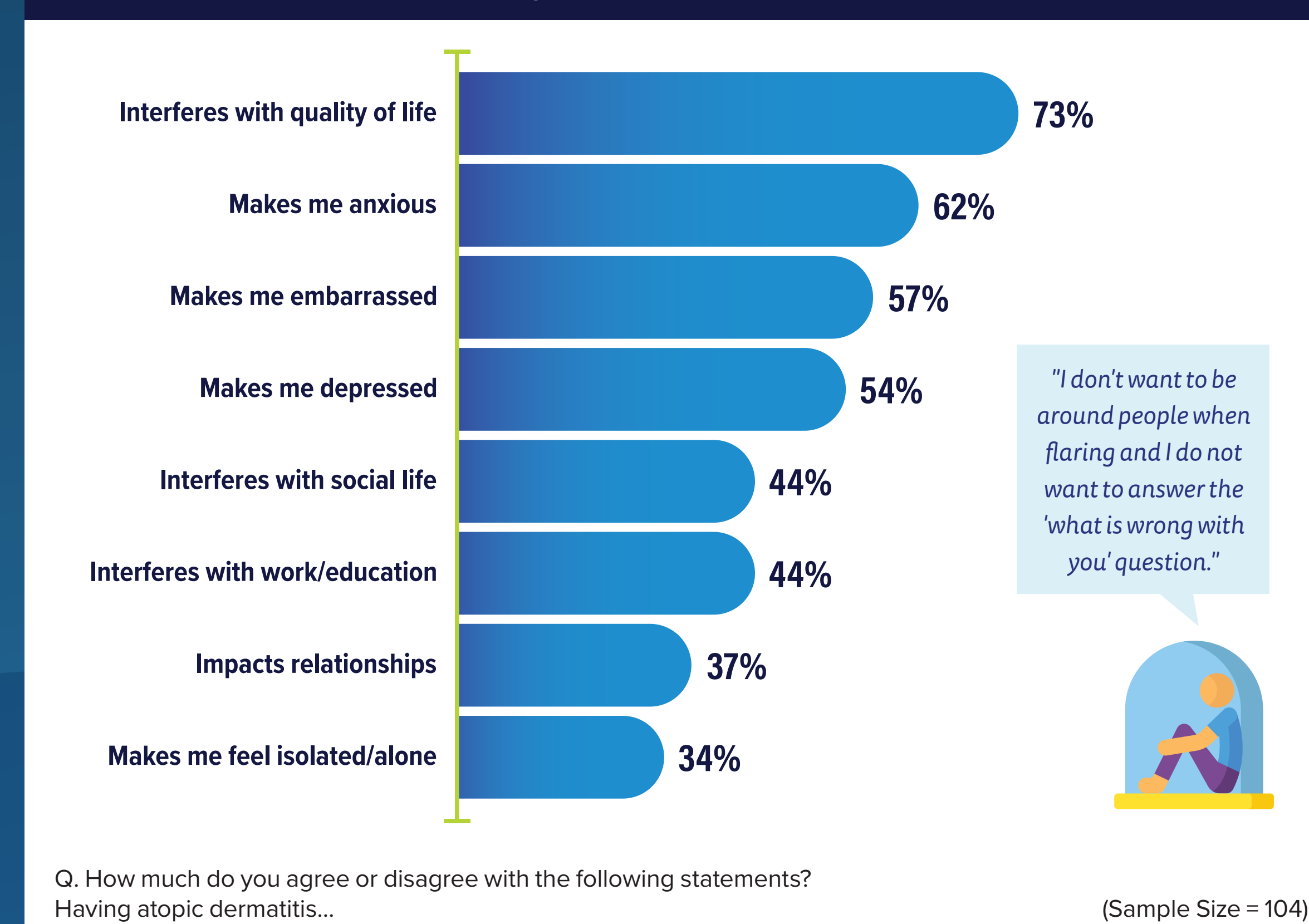


FIGURE 3. Symptoms Experienced

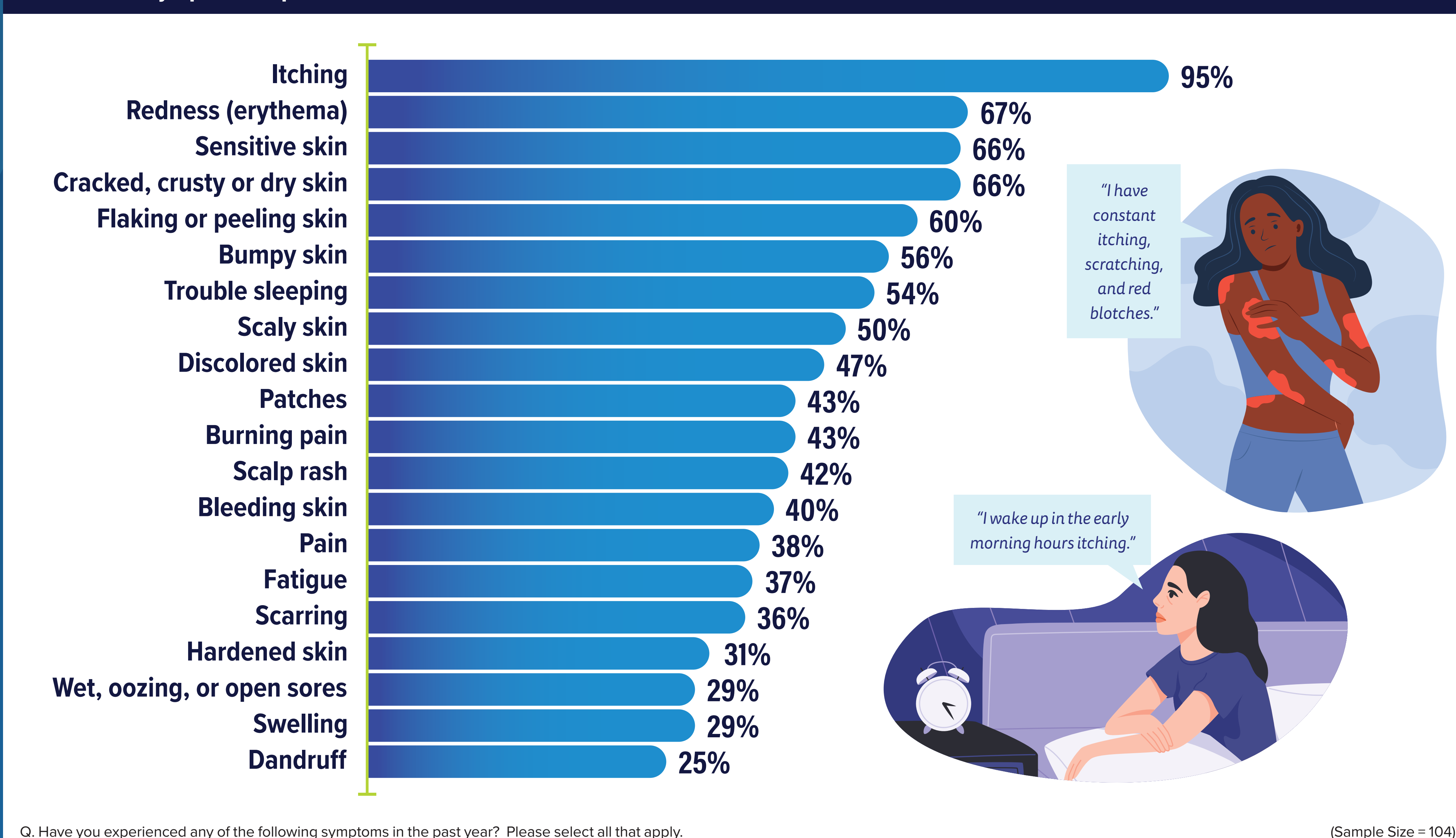


FIGURE 4. Desired Treatments Benefits

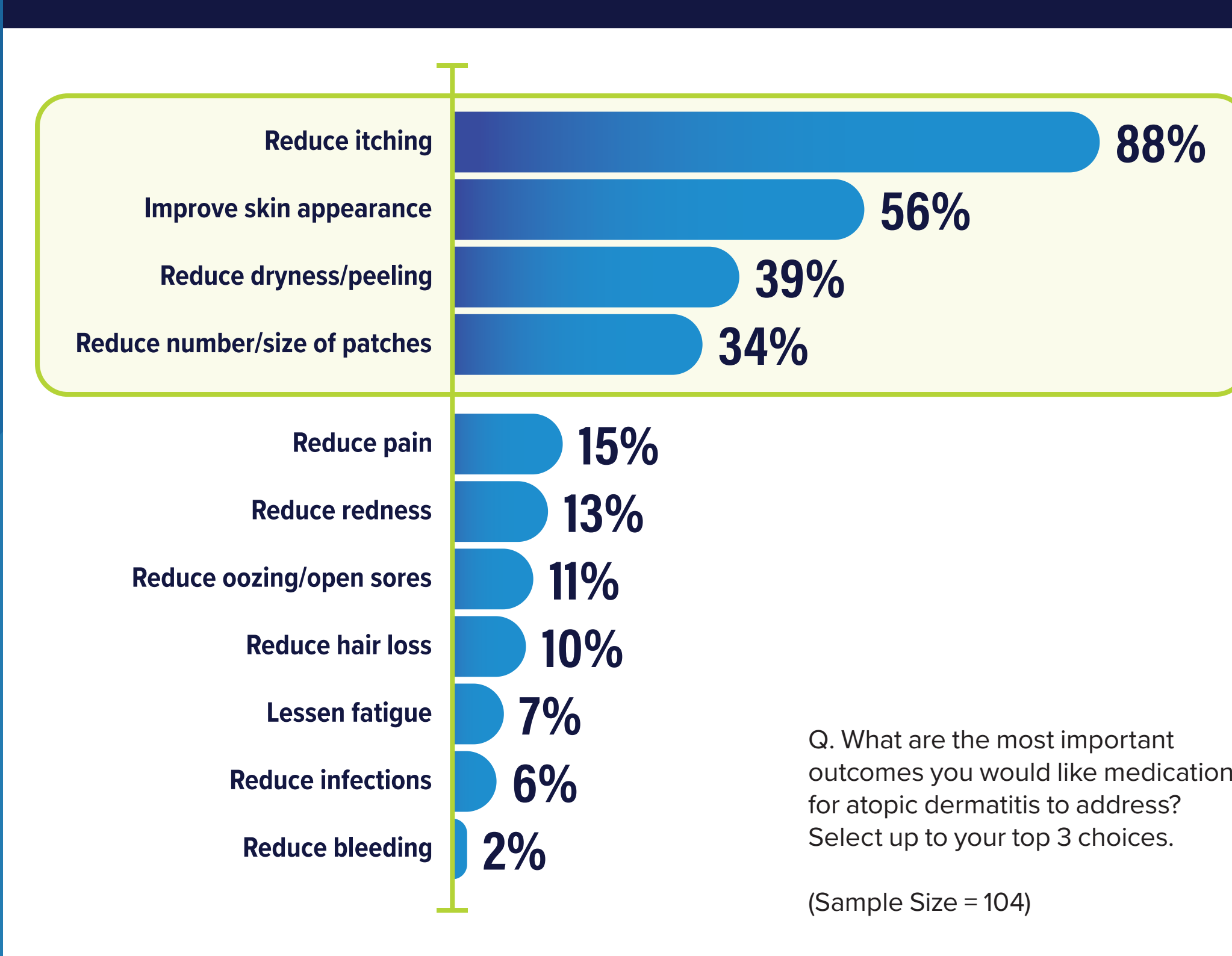


FIGURE 5. Current Treatments

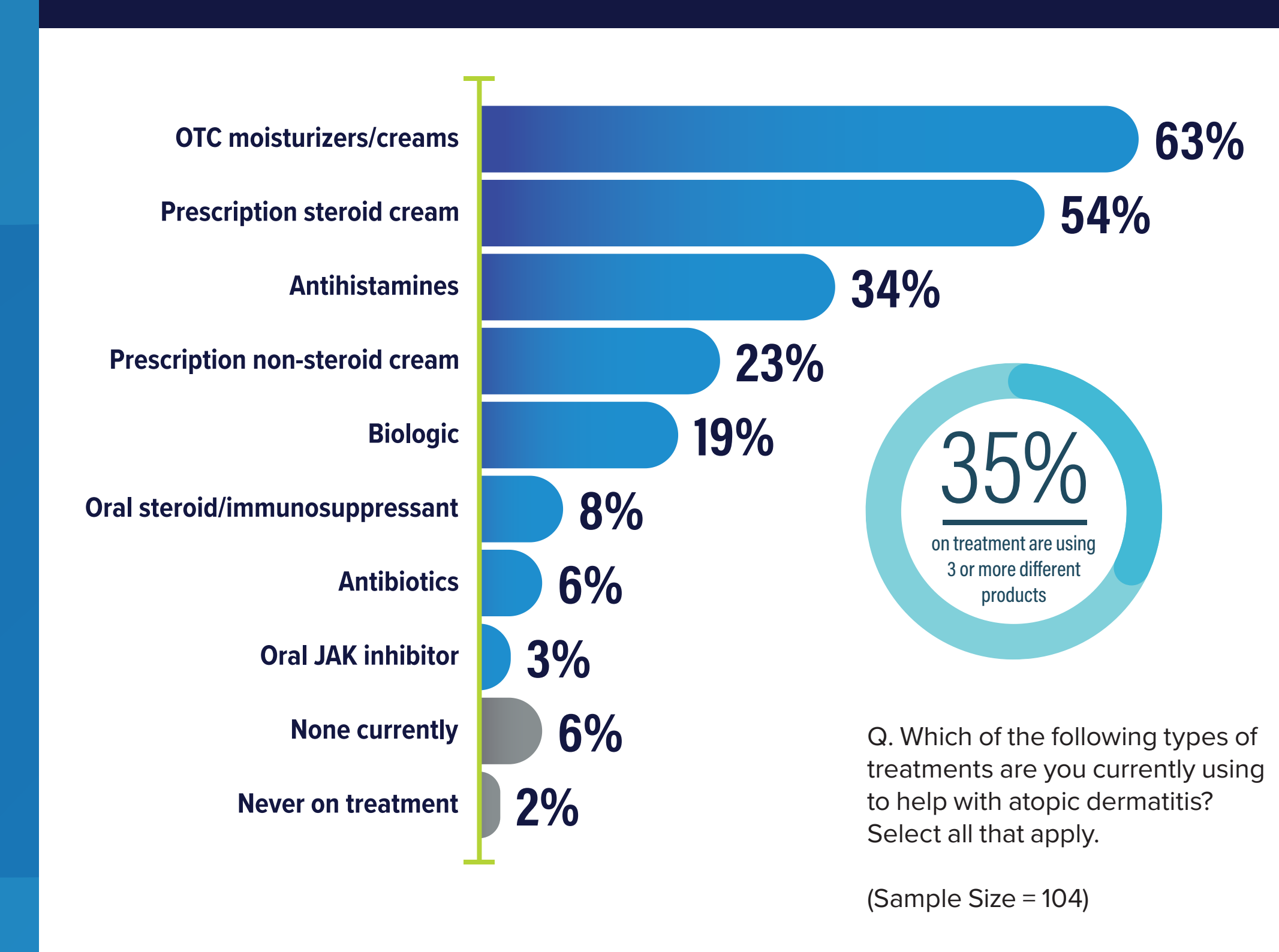


FIGURE 6. Satisfaction With Current Treatment Overall

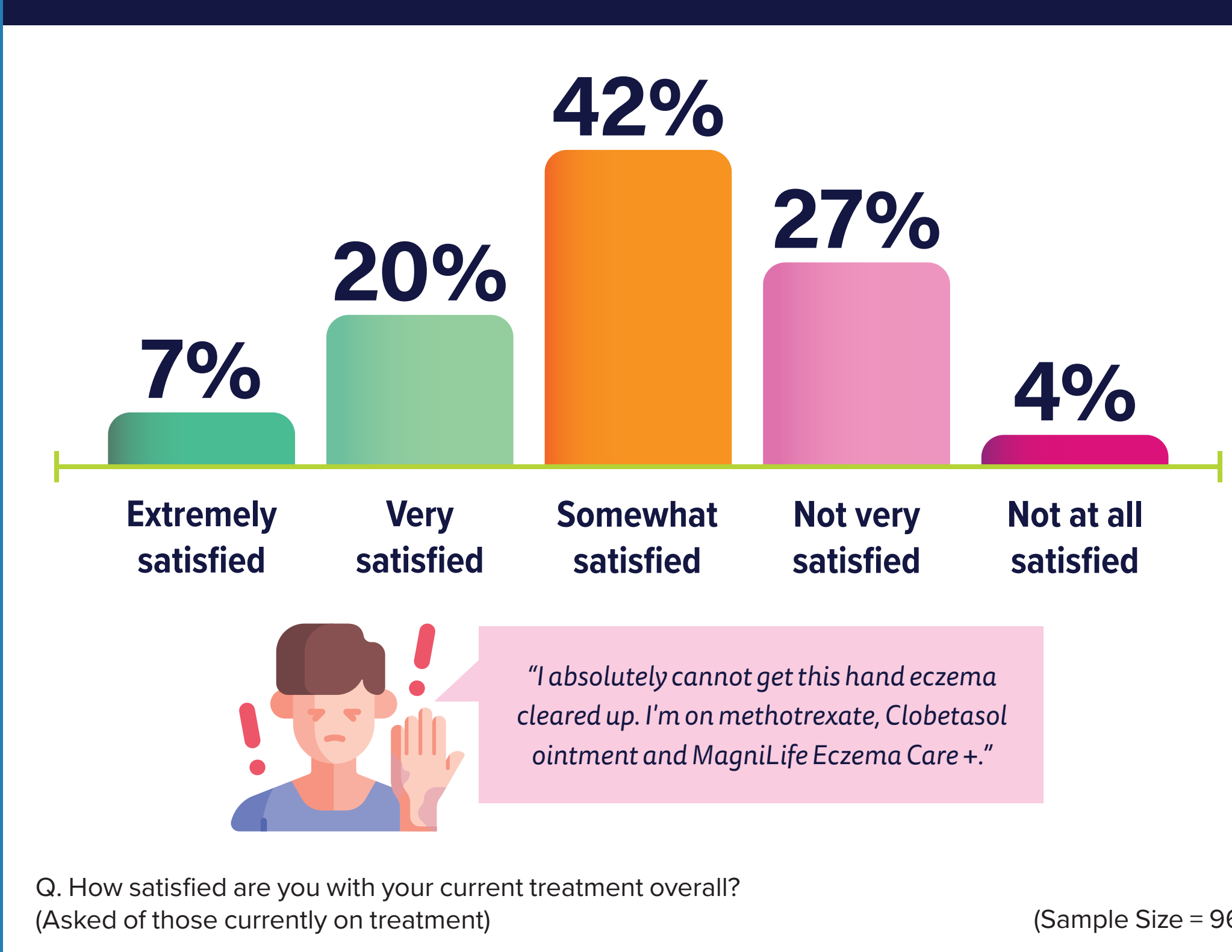


FIGURE 7. Benefits Received From Current Treatment

