

# Patient Reported Impact of Psoriasis and Desired Treatment Outcomes

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## Synopsis

People living with psoriasis often struggle with the physical and mental health toll. Understanding the holistic impact of psoriasis 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 psoriasis along with patient-desired outcomes can help dermatologists develop the most effective approach to treating patients. This includes listening to patient concerns about getting on specific treatments, helping them weigh the concerns against benefits and educating them on treatments to slow progression.

## Objectives

To understand the impact of psoriasis and desired treatment outcomes.

## Method

In August 2023, an email invitation to a 34-question online survey was sent to US members of MyPsoriasisTeam, a social network for people living with psoriasis.

## Results

In total, 98 members of MyPsoriasisTeam living with psoriasis were interviewed. These respondents reported that psoriasis has a negative impact on overall quality of life (72%) and interferes with social life (47%). (Figure 1)

The emotional toll of psoriasis manifests in feeling embarrassed (70%) or depressed (58%). (Figure 2) Top symptoms include itching (79%), dry skin (72%), small scaling spots (69%), red patches (66%), and flaking, crusty scalp (53%). Forty-one percent are showing signs of potential progression to psoriatic arthritis and may be underdiagnosed. (Figure 3)

Top three treatment goals were consistent with symptom prevalence, including stopping patches from spreading (64%), reducing number or size of patches (51%), and reducing itching (42%). Almost half (45%) indicated a desire to stop progression to psoriatic arthritis. (Figure 4)

Two-thirds (64%) expect a successful treatment to clear 90% or more of their skin. (Figure 5)

The doctor is paramount in decision to start a specific treatment (62%), and 54% rely on social media or medical websites.

Most (82%) are currently on some type of treatment for psoriasis, including steroid creams (51%), biologics (22%), or non-steroid creams (21%). (Figure 6)

Only 28% of respondents currently on treatment are satisfied with their treatment regimen. Satisfaction is higher when a biologic is part of the regimen (50% versus 20% among non-biologics patients). (Figure 7)

Slightly more than one-third (39%) indicated that their doctor mentioned the potential for psoriasis to progress to psoriatic arthritis. (Figure 8) Only 28% of patients showing signs of potential progression have discussed treatment for dealing with the potential progression with their doctor. (Figure 9)

FIGURE 1. Impact of Psoriasis on Quality of Life % Strongly/Somewhat Agreeing

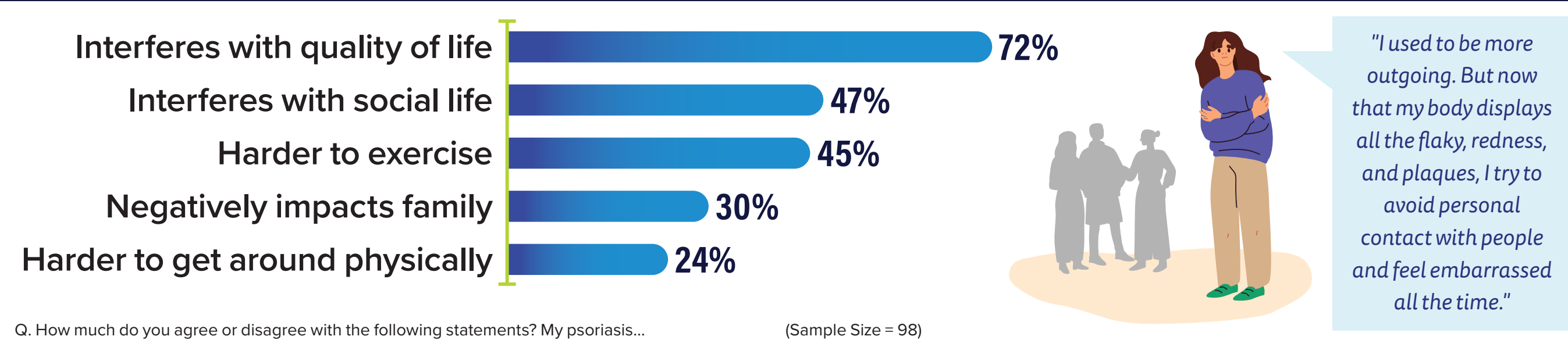


FIGURE 2. Emotional Impact of Psoriasis % Strongly/Somewhat Agreeing

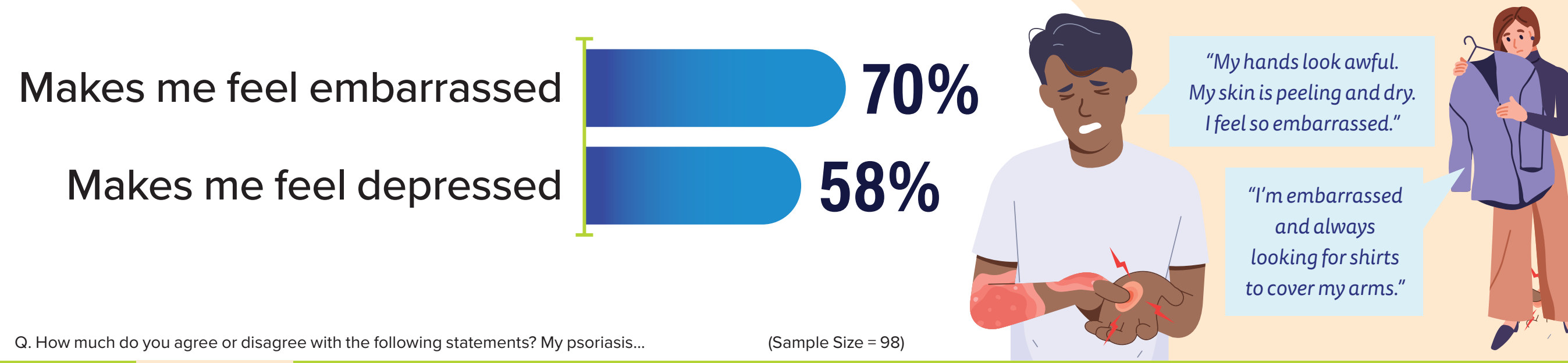


FIGURE 3. Symptoms Experienced In Past Year

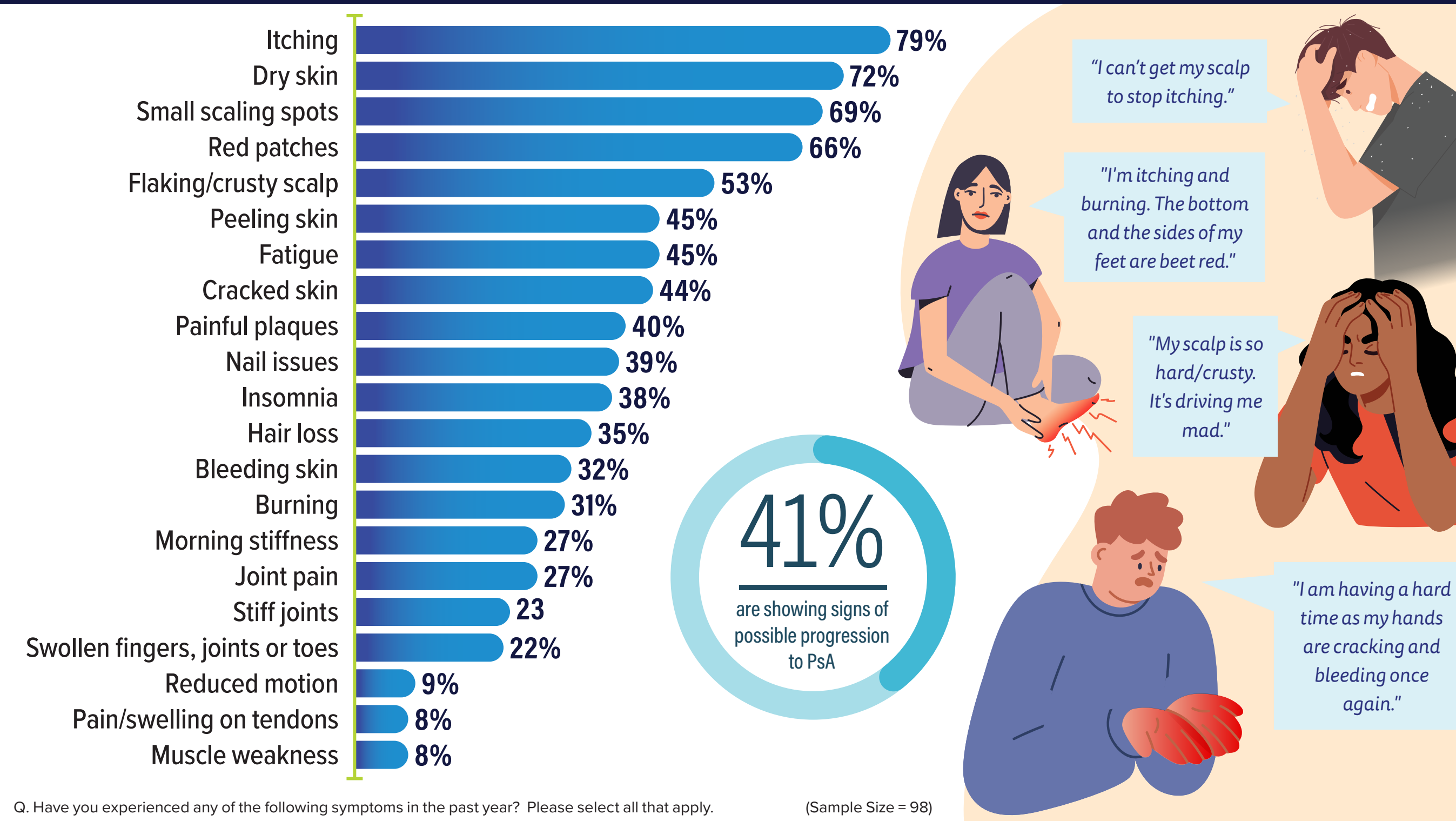


FIGURE 5. Psoriasis Treatment Expectations

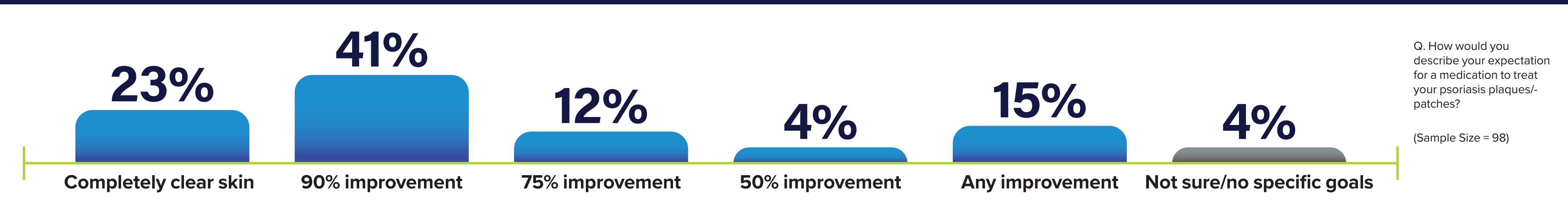


FIGURE 6. Current Psoriasis Treatments

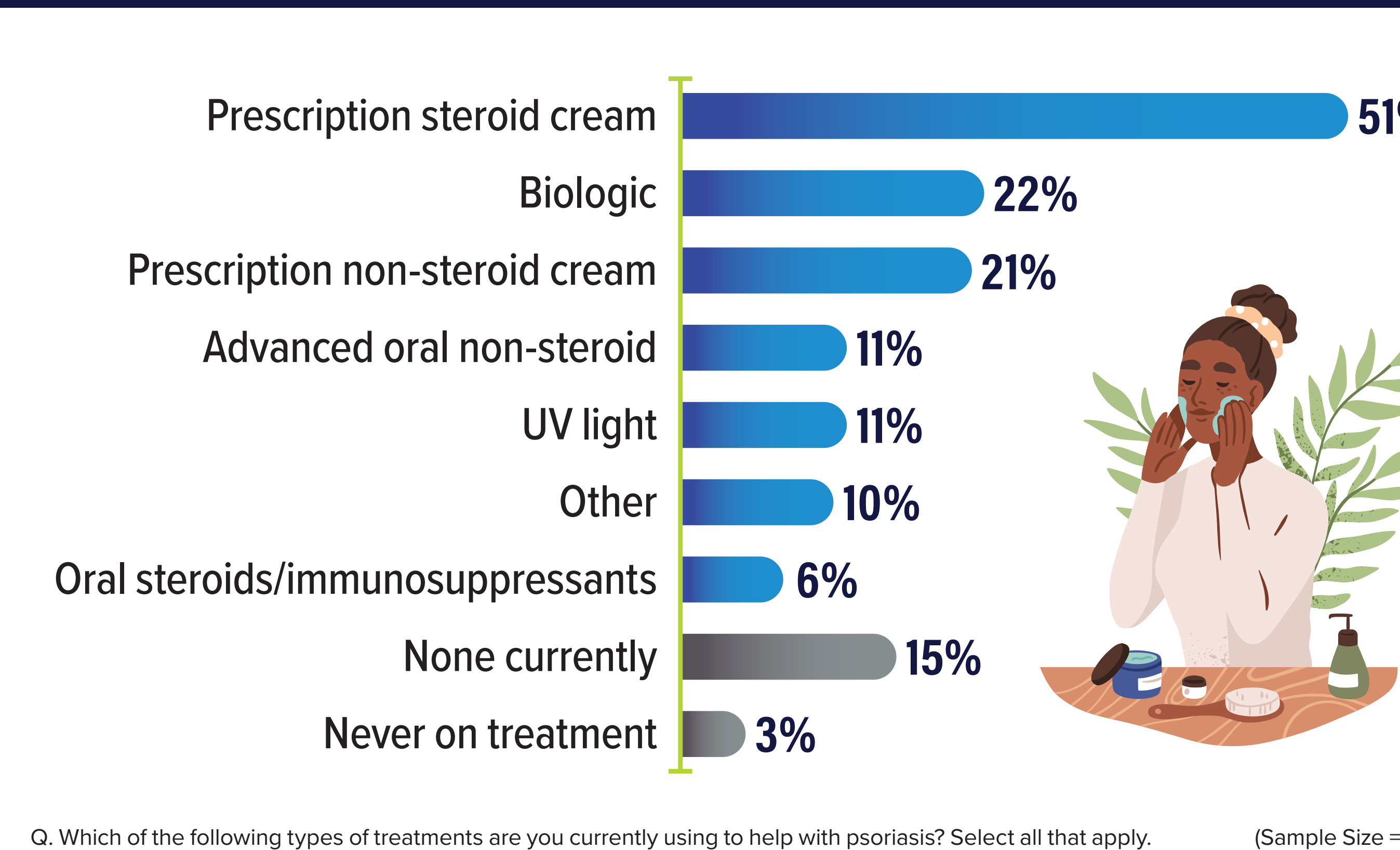


FIGURE 7. Satisfaction With Psoriasis Treatment

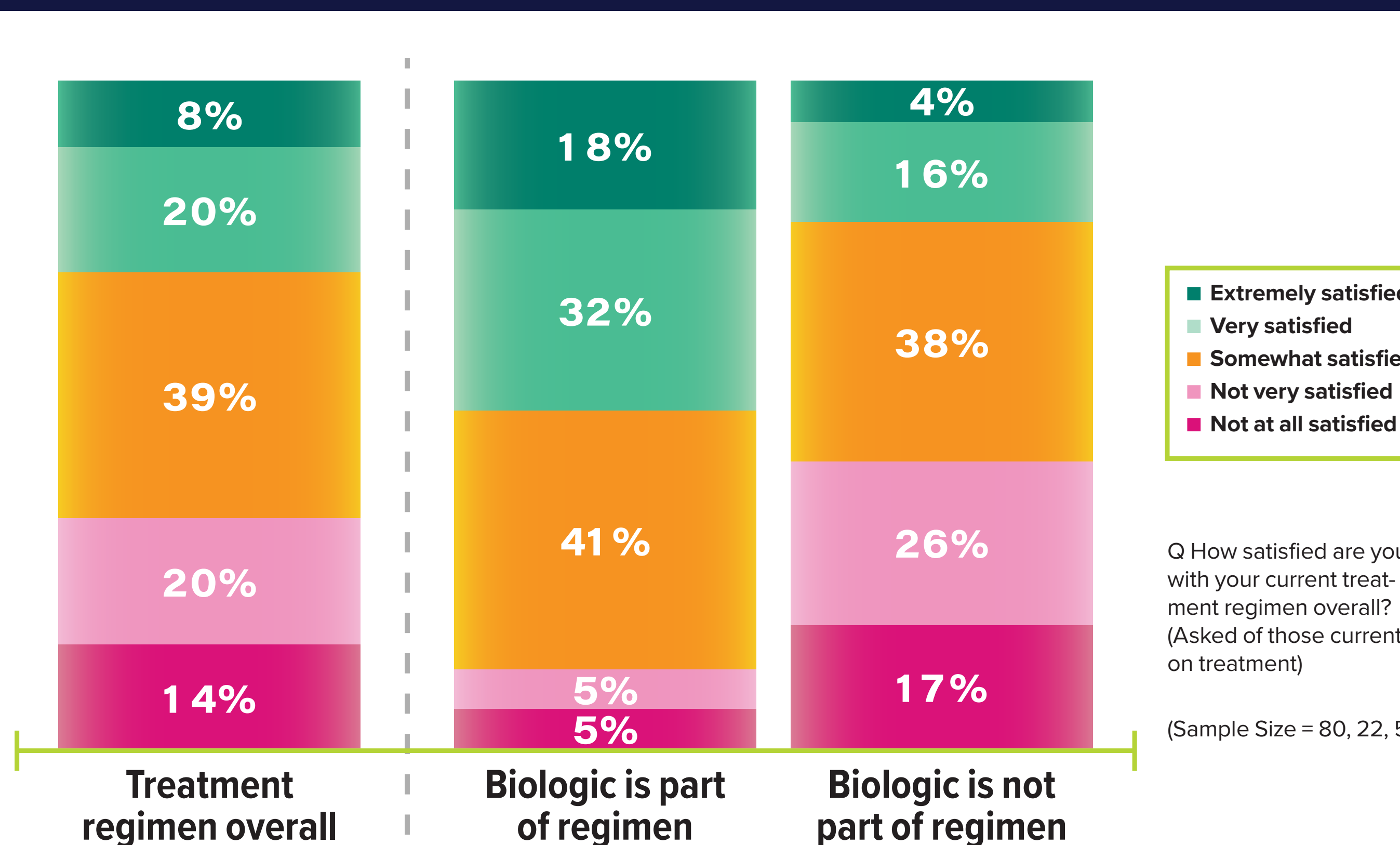


FIGURE 4. Top Three Treatment Goals

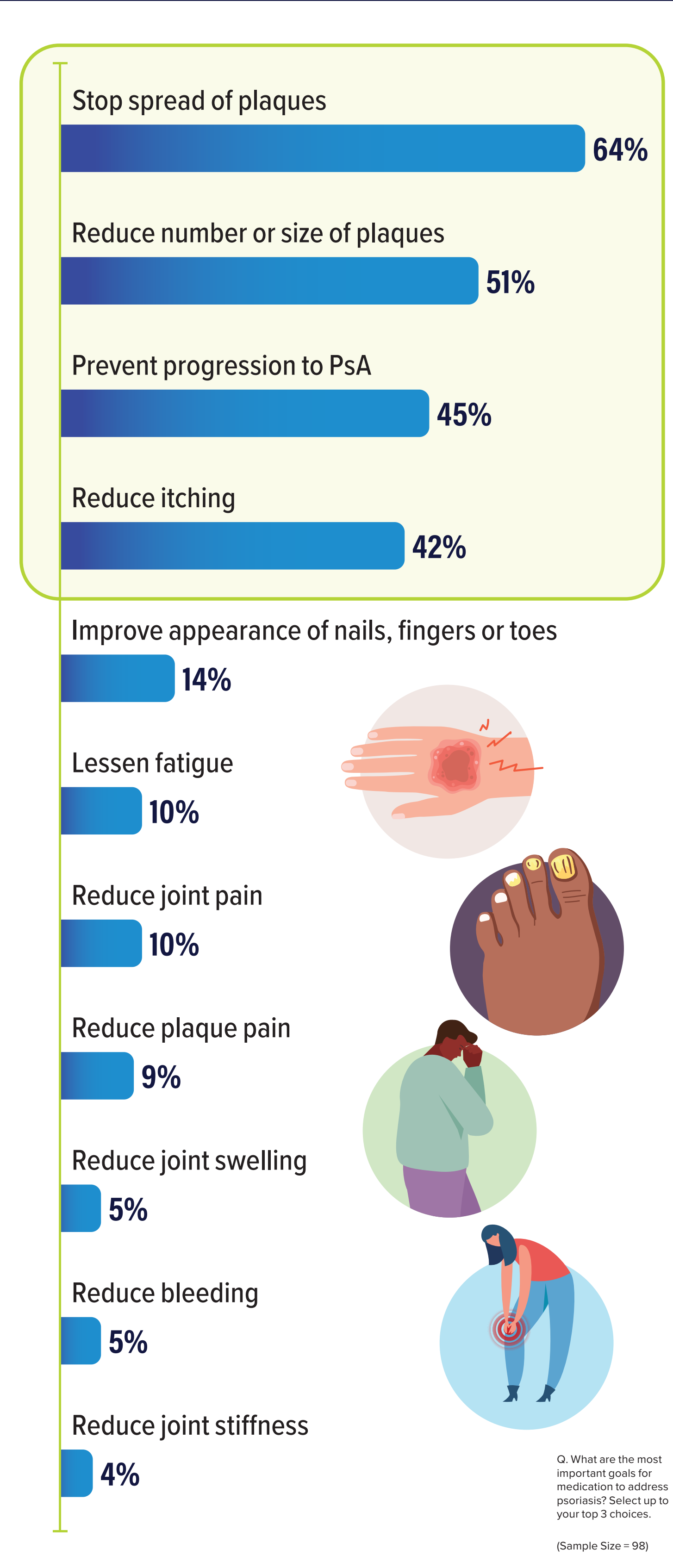


FIGURE 8. Has a Doctor Ever Mentioned That Psoriasis Can Become Psoriatic Arthritis

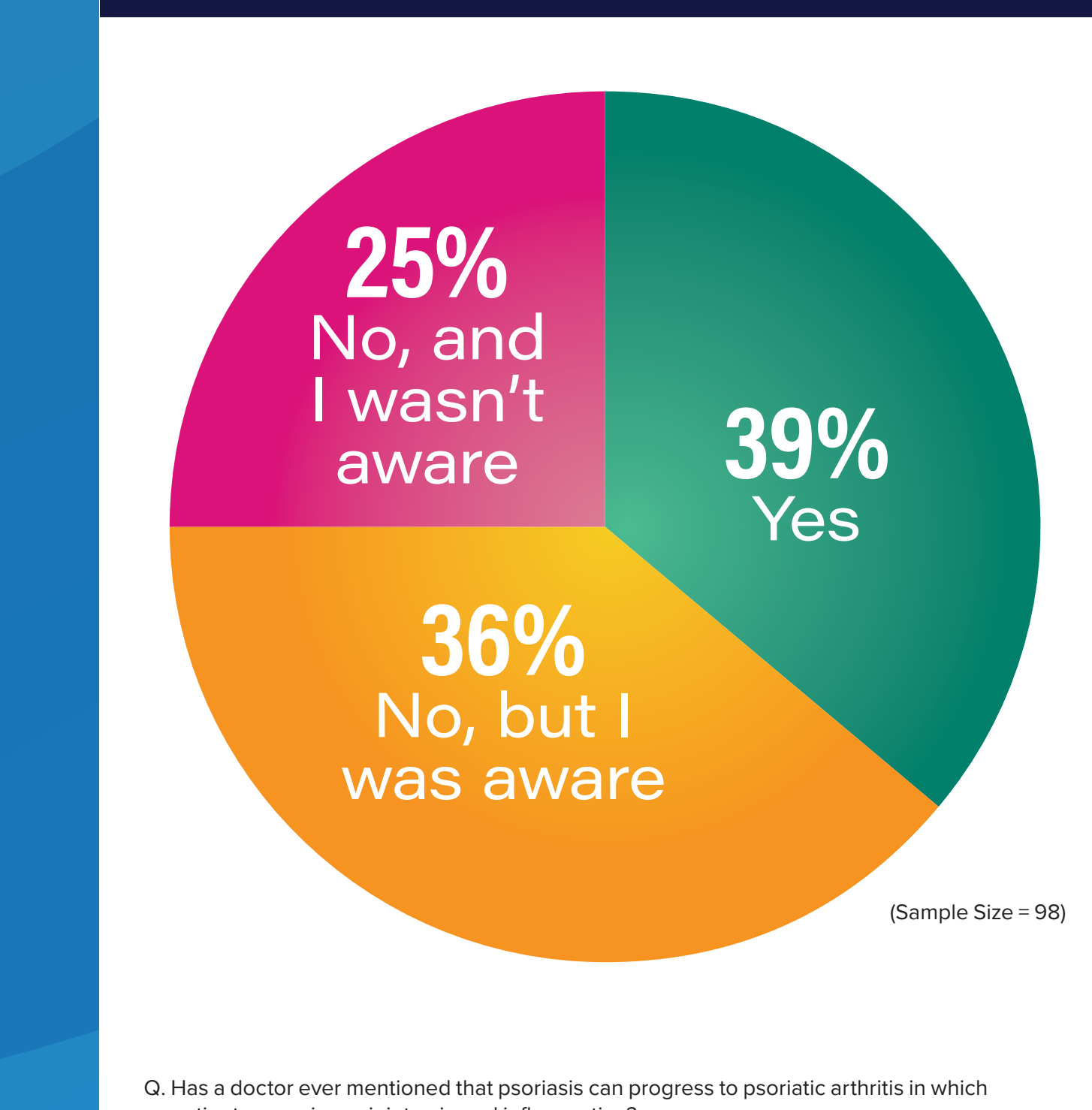


FIGURE 9. Has a Doctor Suggested Stronger Medication for Joint Symptoms

