# Patient Reported Impact of Psoriatic Arthritis and Desired Treatment Outcomes

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### CONCLUSIONS

Understanding the quality-of-life impact of psoriatic arthritis along with desired outcomes can help rheumatologists 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.

### BACKGROUND

People living with psoriatic arthritis often struggle with the physical and mental health toll.

Understanding the holistic impact of psoriatic arthritis is crucial to treating patients and enabling them to live more fulfilling lives.



### ACR 2024

# OBJECTIVES

To understand the impact of psoriatic arthritis (PsA) and desired treatment outcomes.

# METHOD

In August 2023, an email invitation to a 34-question online survey was sent to US members of MyPsoriasisTeam.

## RESULTS

In total, 265 respondents with PsA were included in the study. These respondents reported that PsA has a negative impact on overall quality of life (89%) and interferes with social life (74%). The physical toll manifested in difficulty exercising (85%) and challenges getting around (80%). (Figure 1)

The emotional toll of psoriatic arthritis was evident with 78% feeling depressed and 60% feeling embarrassed. (Figure 2)

Top symptoms include joint pain (92%), morning stiffness (90%), stiff joints (89%), and fatigue (89%). Many continue to experience psoriasis related

symptoms such as itching (70%) and red patches (57%). (Figure 3)

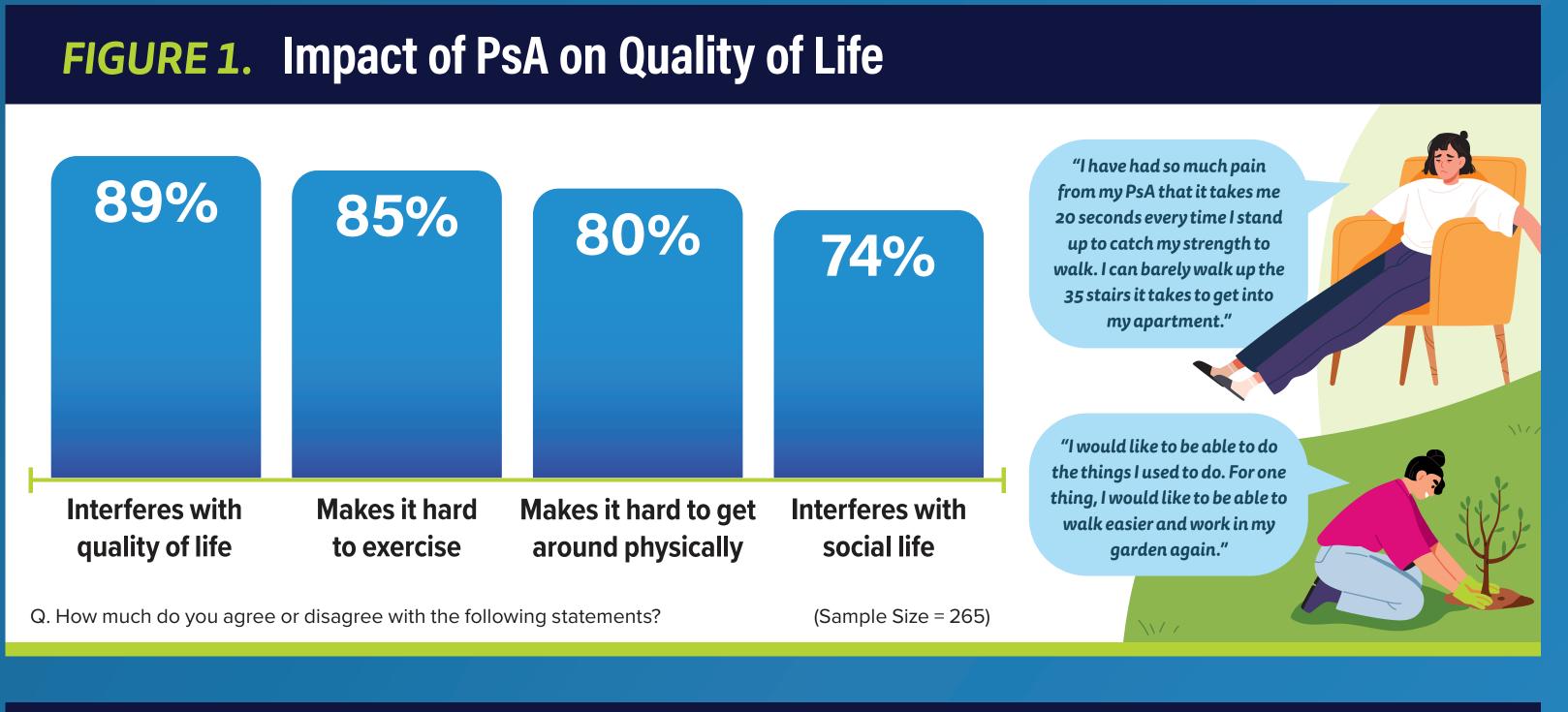
Top three treatment goals were consistent with symptom prevalence, including reducing joint pain (68%), joint stiffness (65%), and lessening fatigue (50%). (Figure 4)

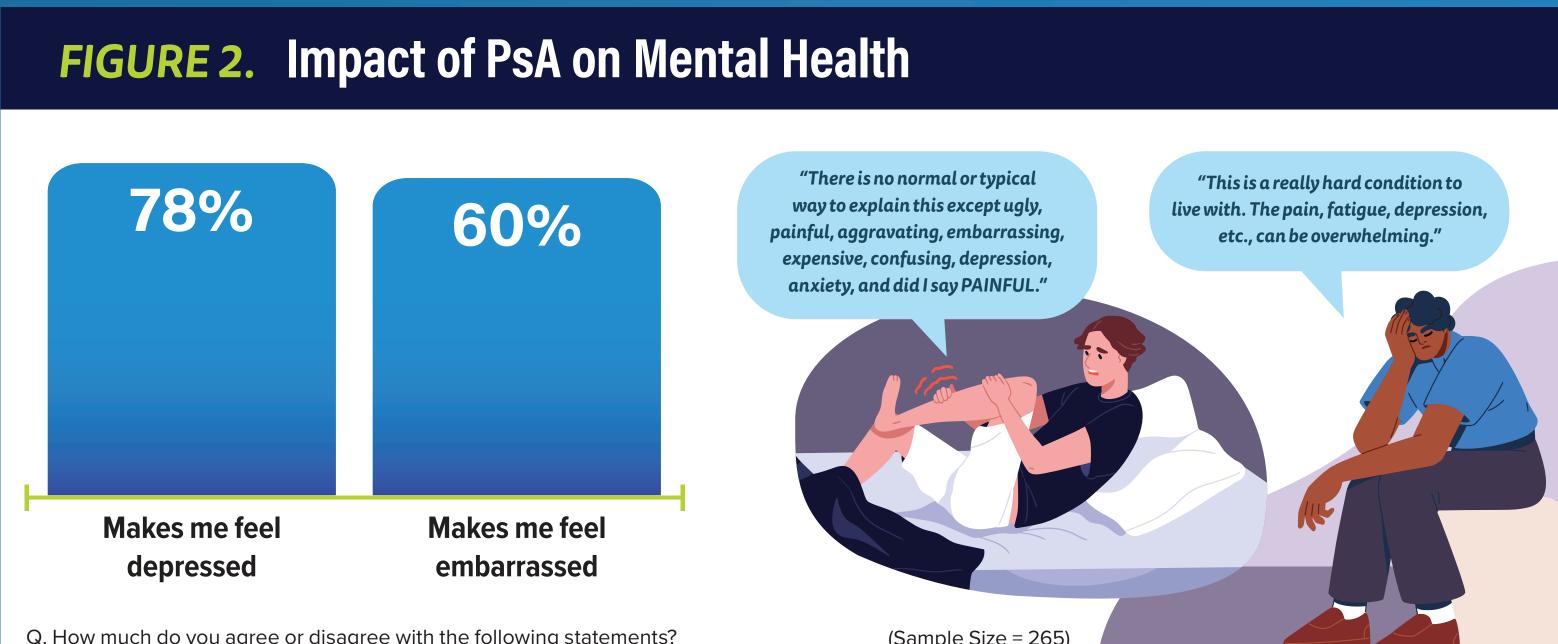
The majority (88%) are currently on some type of treatment for PsA, including biologics (48%) or oral steroids (36%). (Figure 5)

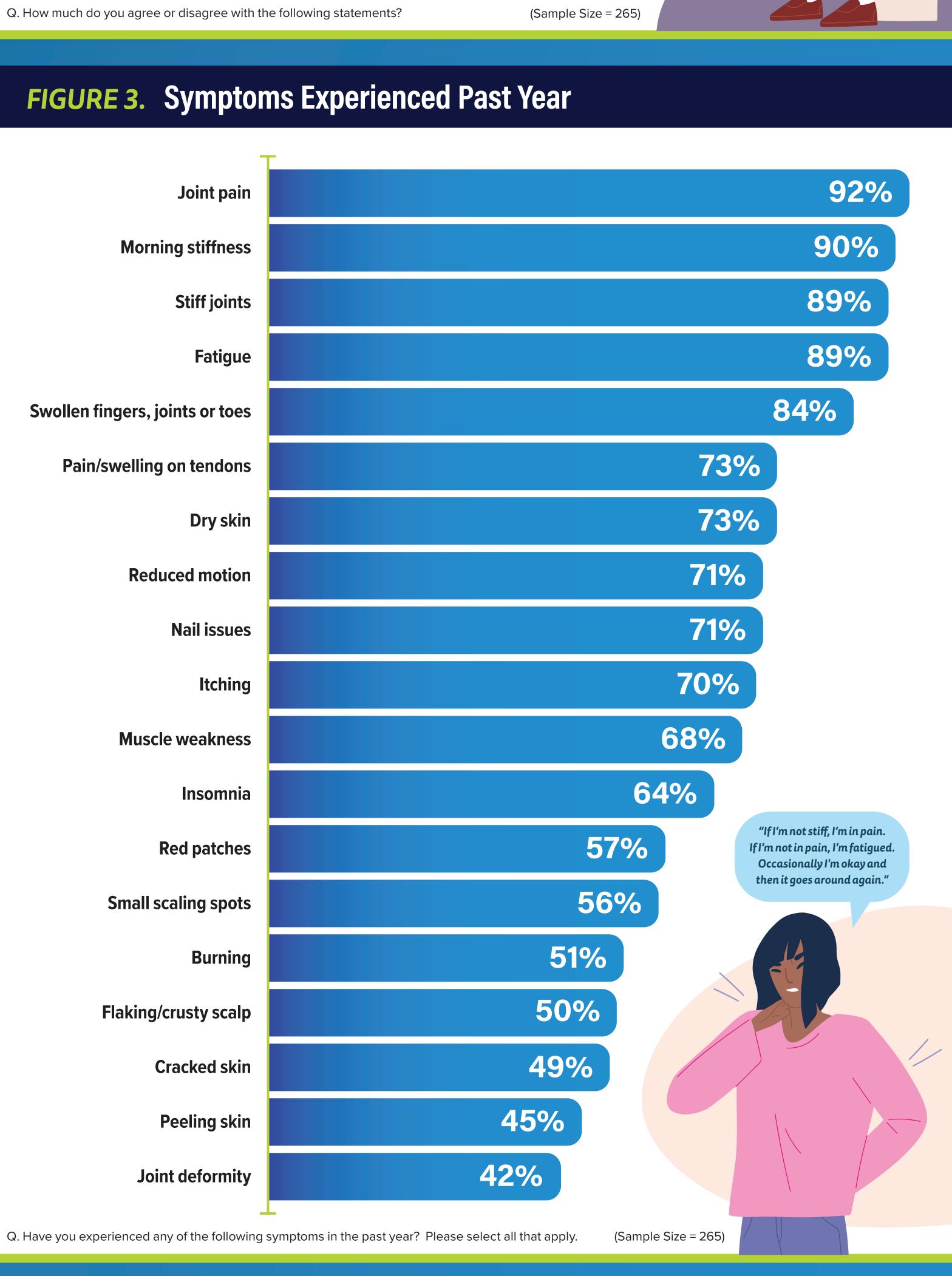
The large majority of respondents on biologics have benefited from their respective biologic treatment (87%) (Figure 6). Yet there remain obstacles to getting on a biologic among non-users that would need to be overcome, including concerns about side effects (56%), impact on immune system (53%), and long-term safety (49%). (Figure 7)

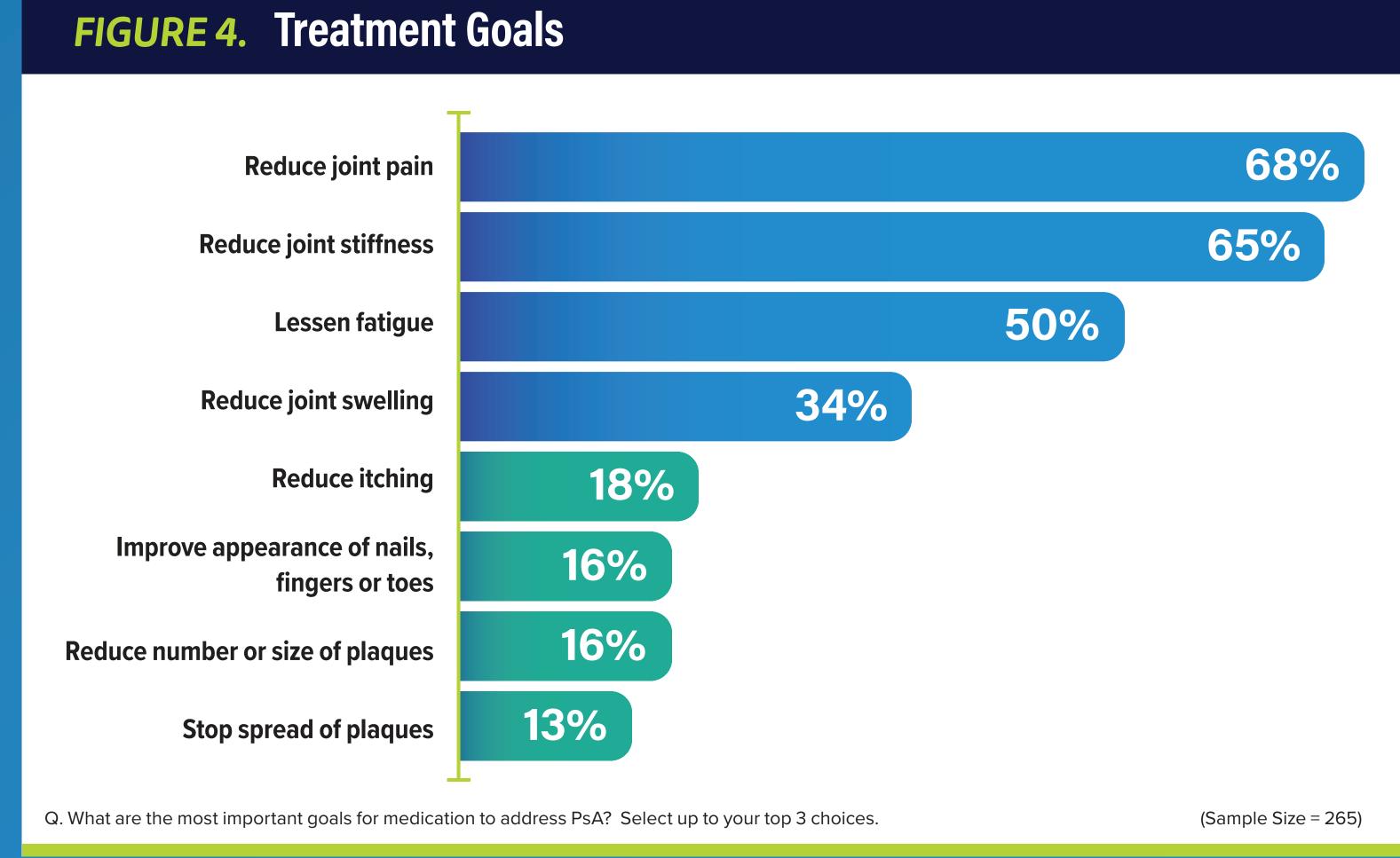
The research also found that 41% of the respondents who indicated they only have psoriasis were showing signs of potential progression to psoriatic arthritis and may be underdiagnosed. (Figure 8)

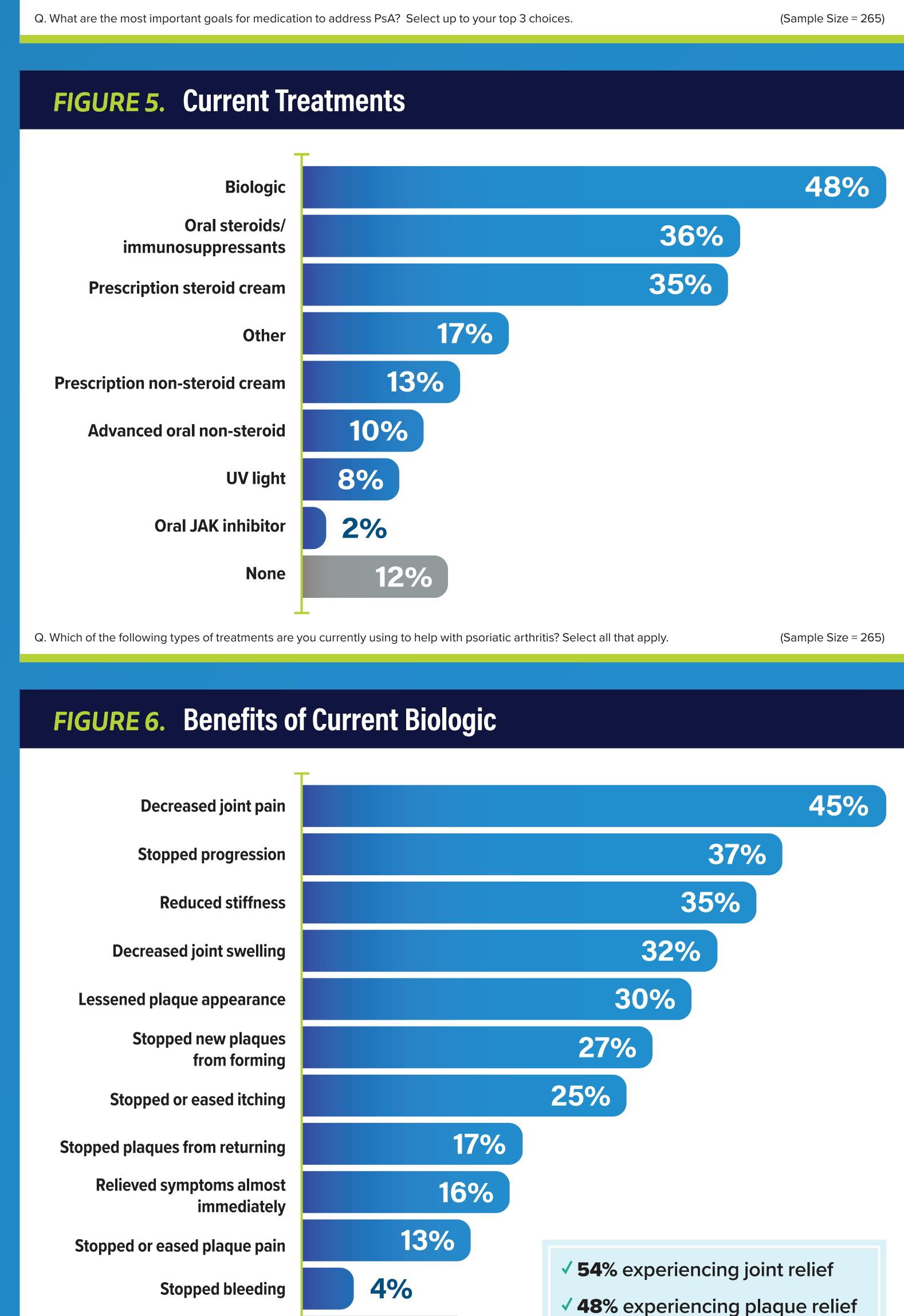
Yet only 39% of psoriasis patients have discussed potential for progression with their dermatologist or other HCP. (Figure 9)











13%

(Sample Size = 128)

None of these

(Asked of those currently on a biologic)

Q. Which of the following benefits, if any, have you experienced from your current biologic? Select all that apply.

