

# Patient Reported Impact of Psoriasis and Desired Treatment Outcomes

**Authors:** Elizabeth Luce (MyHealthTeam), Dianna Cronin (MyHealthTeam), and Beth Schneider (MyHealthTeam)

There are no disclosures to report.

## CONCLUSIONS

Understanding the quality-of-life impact of psoriasis along with patient-desired outcomes can help derma-tologists develop the most effective approach to treating patients. This includes listening to patient concerns about getting on specific treatments, help-ing them weigh the concerns against benefits and educating them on treatments to slow progression.

## BACKGROUND

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

## OBJECTIVES

To understand the impact of psoriasis and desired treat-ment outcomes as well as ascertain patient awareness of the progressive nature of psoriasis.

## METHOD

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



## 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 embar-rassed (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)

Only 39% of patients have discussed the possibility that psoriasis can progress with their doctor. (Figure 4)

Among respondents already experiencing potential progression to psoriatic arthritis, 28% have had discus-sions with their doctor about treatments that can address symptoms of progression. (Figure 5)

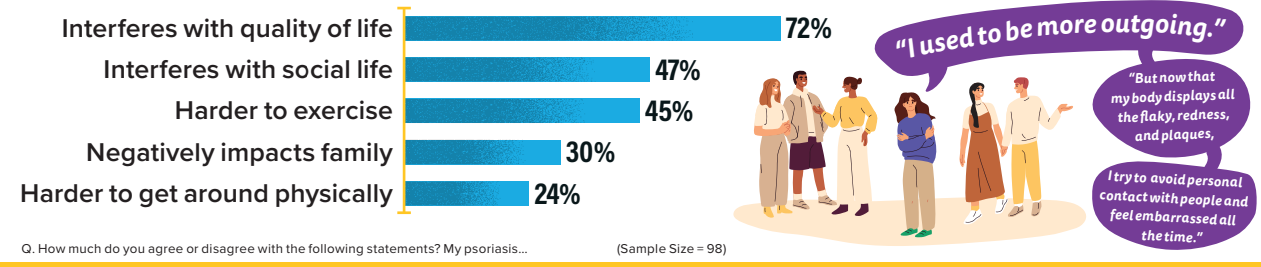
Top three treatment goals were consistent with symptom prevalence, including stopping patches from spreading (64%), reducing number or size of patches (51%), and reducing itching (42%). Almost half (45%) indicated a desire to stop progression to psoriatic arthritis. (Figure 6)

The majority (64%) would expect a psoriasis treatment to clear 90% or more skin patches. (Figure 7)

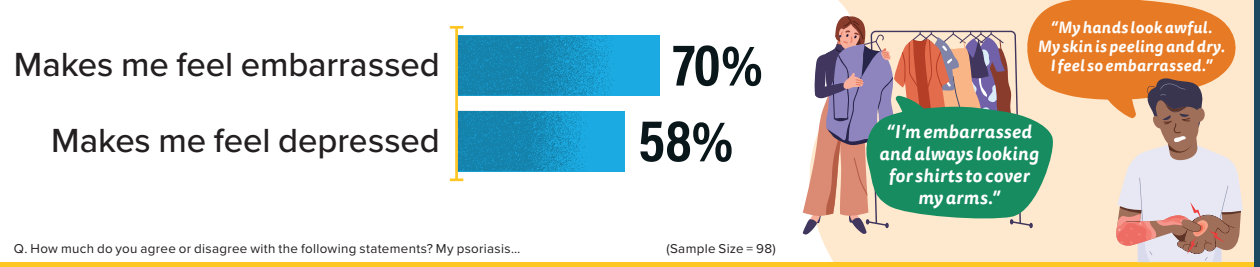
Most (82%) are currently on some type of treatment for psoriasis, including steroid creams (51%), biologics (22%), or non-steroid creams (21%). (Figure 8)

Only 28% of respondents are satisfied with their current treatment regimen, although satisfaction is higher when a biologic is part of the treatment regimen. (Figure 9)

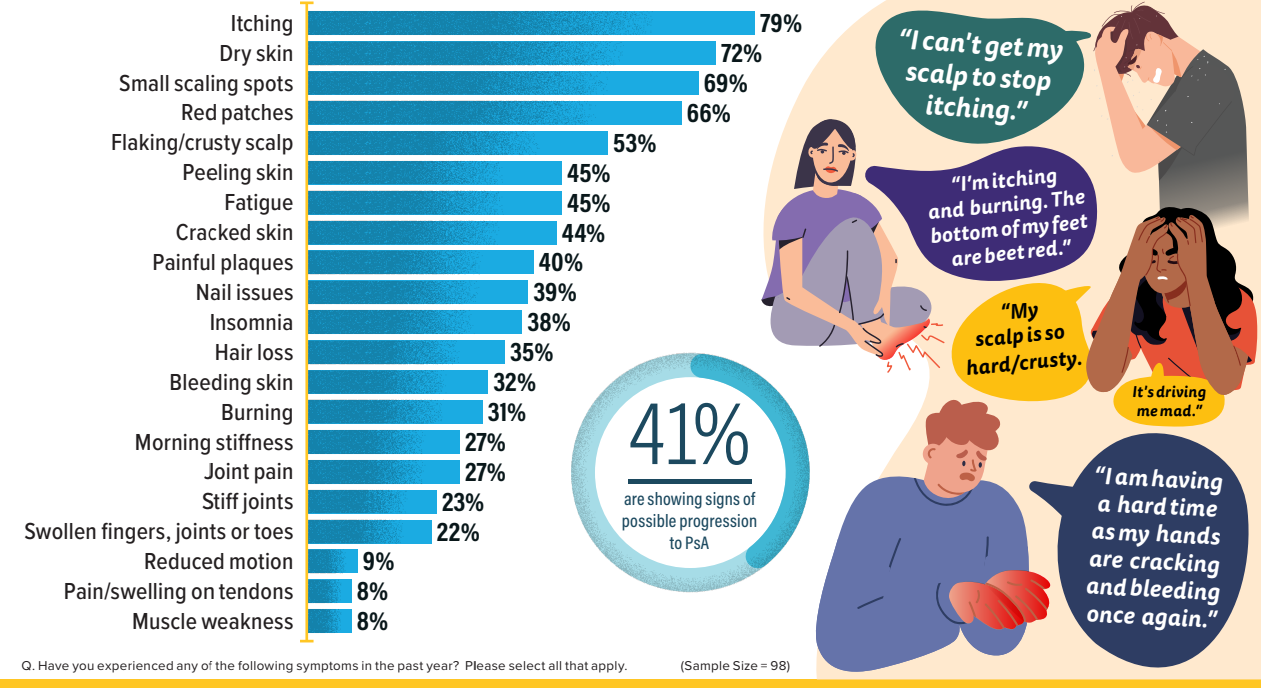
**FIGURE 1.** Impact of Psoriasis on Quality of Life % Strongly/Somewhat Agreeing



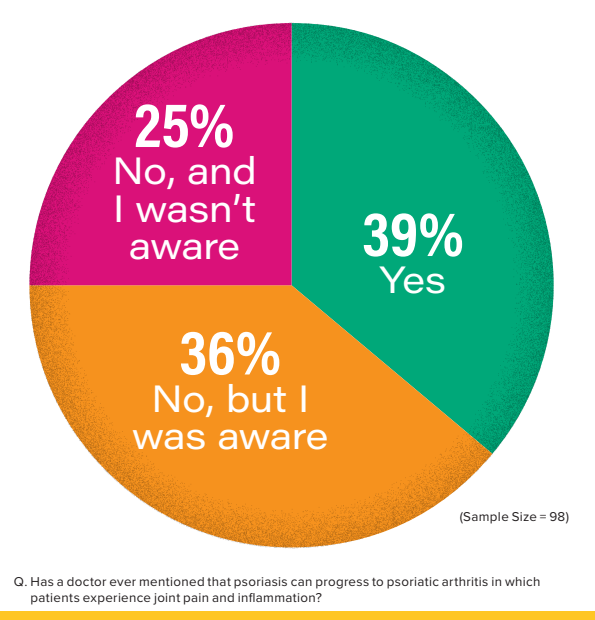
**FIGURE 2.** Emotional Impact of Psoriasis % Strongly/Somewhat Agreeing



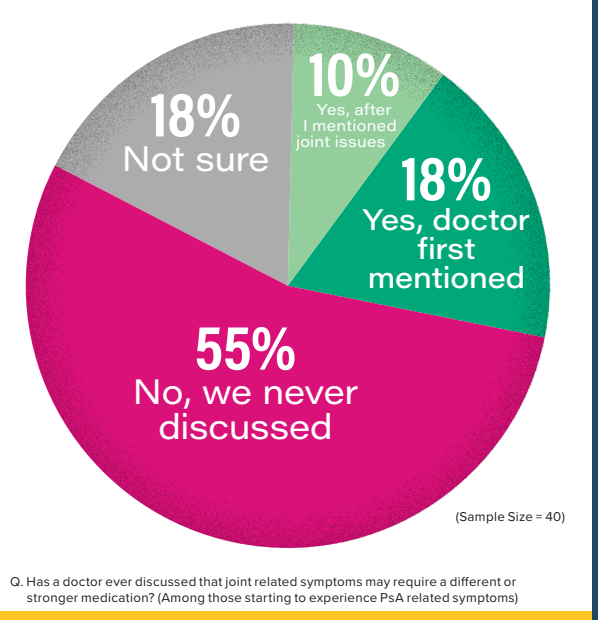
**FIGURE 3.** Symptoms Experienced In Past Year



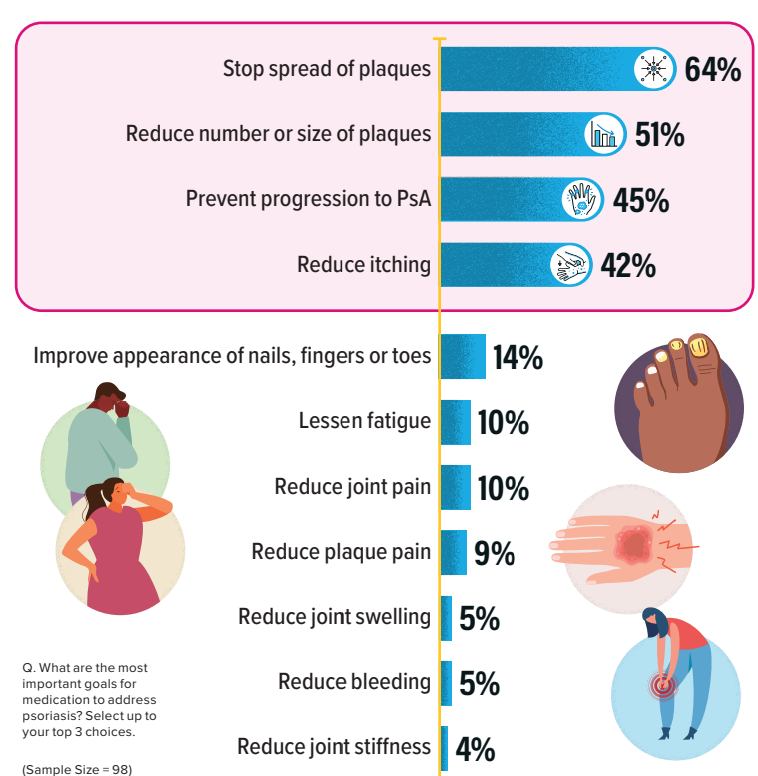
**FIGURE 4.** Has a Doctor Ever Mentioned That Psoriasis Can Become Psoriatic Arthritis



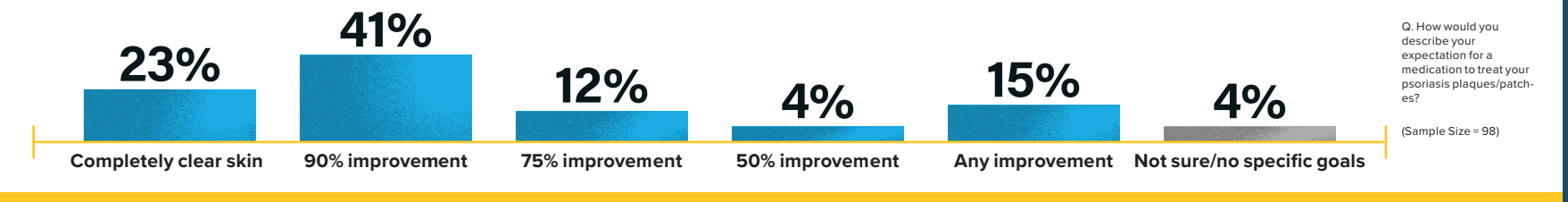
**FIGURE 5.** Has a Doctor Suggested Stronger Medication for Joint Symptoms



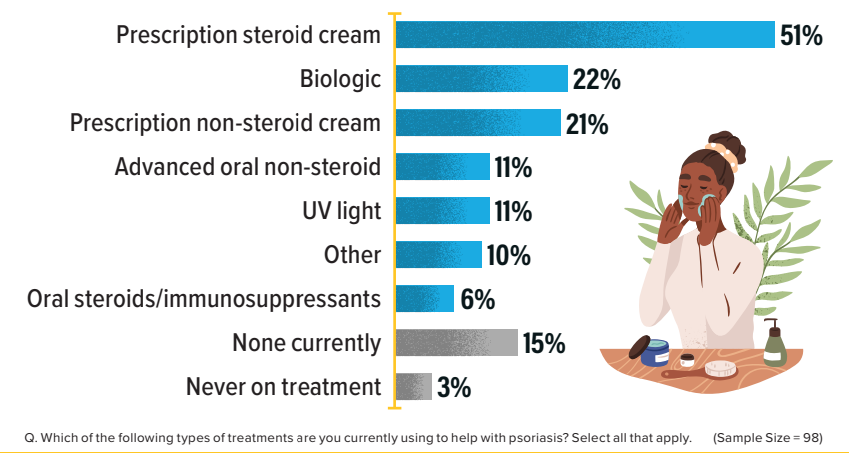
**FIGURE 6.** Top Three Treatment Goals



**FIGURE 7.** Psoriasis Treatment Expectations



**FIGURE 8.** Current Psoriasis Treatments



**FIGURE 9.** Satisfaction With Psoriasis Treatment

