# Patient Reported Attitudes Towards Multiple Scierosis Treatment

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# CONCLUSIONS

Understanding the quality-of-life impact of multiple sclerosis (MS) along with patient desired outcomes can help neurologists develop the most effective approach to treating patients. This includes listening to patient concerns about getting on a disease modifying treatment (DMT), helping them weigh the concerns against benefits, and educating them on the importance of treatments to slow progression rather than first waiting for MS to worsen.

## BACKGROUND

MS is a progressive disease that can have a devastating impact on quality of life. Yet obstacles exist for getting patients to start on or stay on a DMT to help slow progression. Understanding patient concerns and highlighting the benefits of DMTs can enable neurologists to help their patients overcome usage barriers.

## **OBJECTIVES**

Research was undertaken to better understand awareness, usage, and attitudes towards DMTs.

# METHOD

In January 2024, an email invitation to an online survey was sent to US members of MyMSTeam. In total, 1294 members completed the 32-question survey regarding DMT usage.



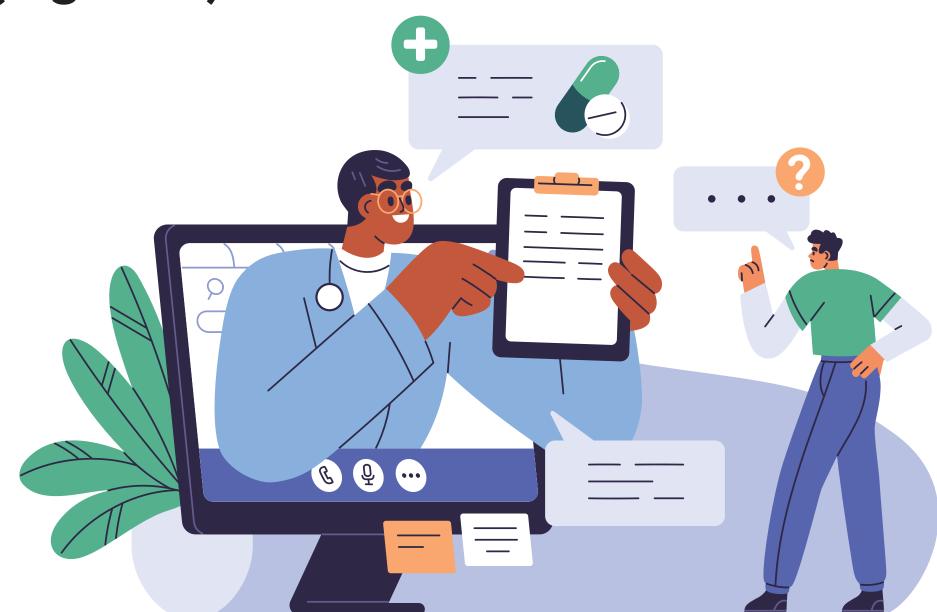
# RESULTS

Only 18% of respondents rated their overall MS health as excellent or good. (Figure 1)

Most felt MS impacts everyday activities (85%), overall quality of life (82%), and ability to get around physically (78%). (Figure 2)

84% of these patients were taking non-DMT medications to address MS symptoms such as spasticity (43%), pain (40%), depression (38%), anxiety (32%), or fatigue (31%). **(Figure 3)** 

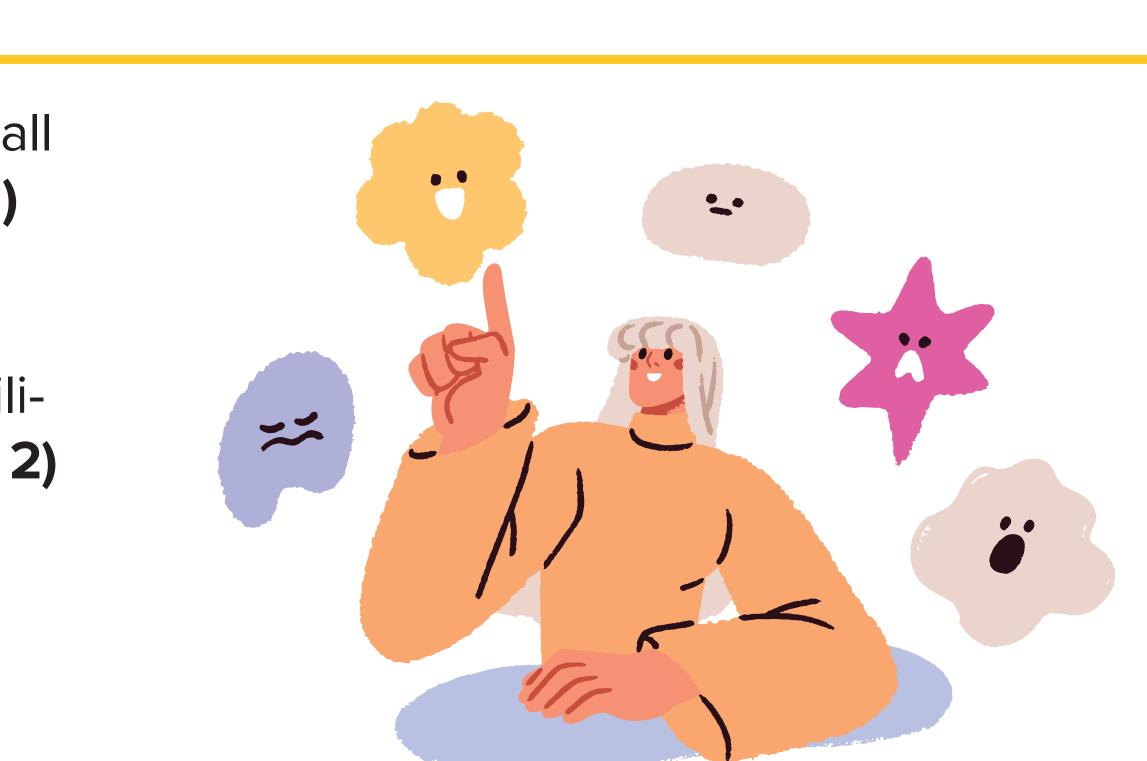
A smaller number (60%) are currently on a DMT. An additional 24% had taken one or more DMTs previously but had stopped. (Figure 4)



These abandoners might consider going back on a DMT if their doctor recommends (45%), MS progresses (43%), or symptoms worsen (42%). (Figure 5)

The neurologist was paramount in patient's decision to start the current DMT (79%). But perceived efficacy (61%), insurance approval (53%), and convenience (46%) also mattered. (Figure 6)

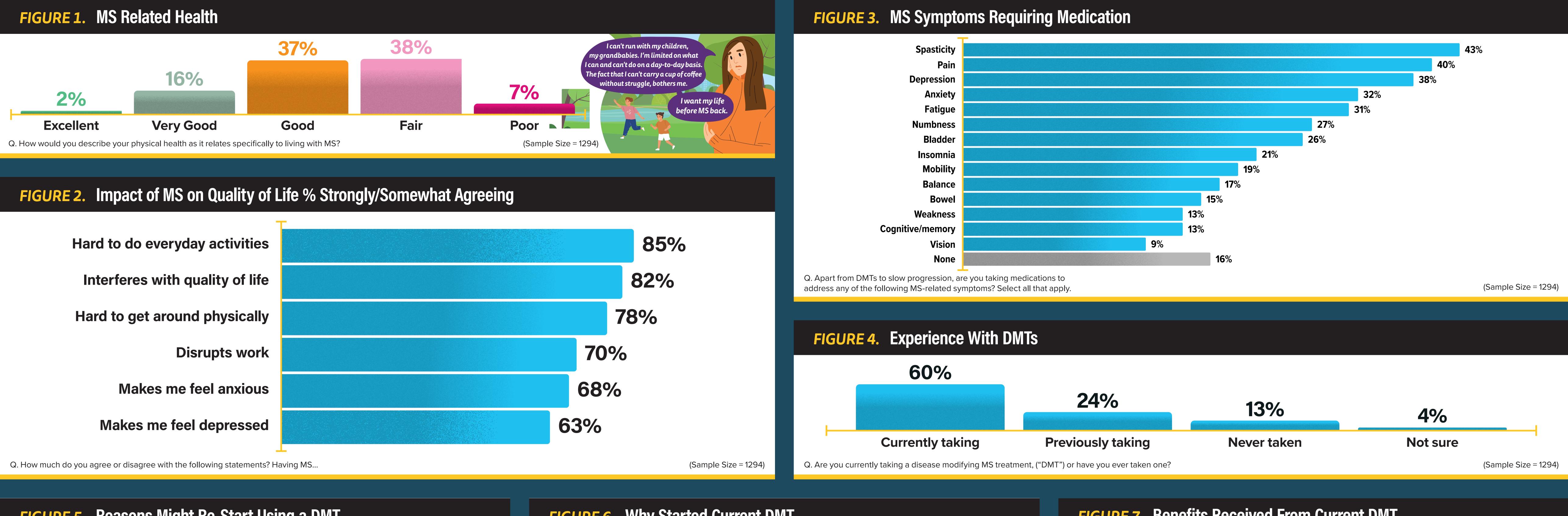
Current users are satisfied with their DMT (71%), feel it is effective (69%), and tolerable (86%). Top benefits experienced include slowed progression (68%), preventing new lesions (56%), a decrease in relapses (48%), and preventing new symptoms (42%). (Figure 7)



These realized benefits are consistent with desired patient outcomes of a DMT, including wanting to slow progression (61%) and preventing new symptoms (42%). The top desired outcomes also include hope for a reduction in troubling symptoms, including improving mobility (47%), cognitive functioning (39%), and lessening fatigue (38%). (Figure 8)

Patients who had never taken a DMT were concerned about the potential safety or side effects (39%), insurance/cost hurdles (19%), or inconvenience (14%). This cohort was most likely to consider starting on a DMT if their neurologist strongly recommended it (36%), if safety concerns were allayed (35%), or if MS started to worsen (35%). **(Figure 9)** 





## FIGURE 5. Reasons Might Re-Start Using a DMT

**Doctor recommends** MS progresses Symptoms worsen Insurance covers DMTs considered safe DMTs have mild side effects DMTs are affordable DMTs convenient to take 🕴 DMT taken less often than daily/weekly Minimum tests/doctor visits Others with MS recommend None of these

Q. Which, if any, of the following might be reasons why you would start taking prescription DMTs in the future? Select all that apply. (Asked of those previously on a DMT)

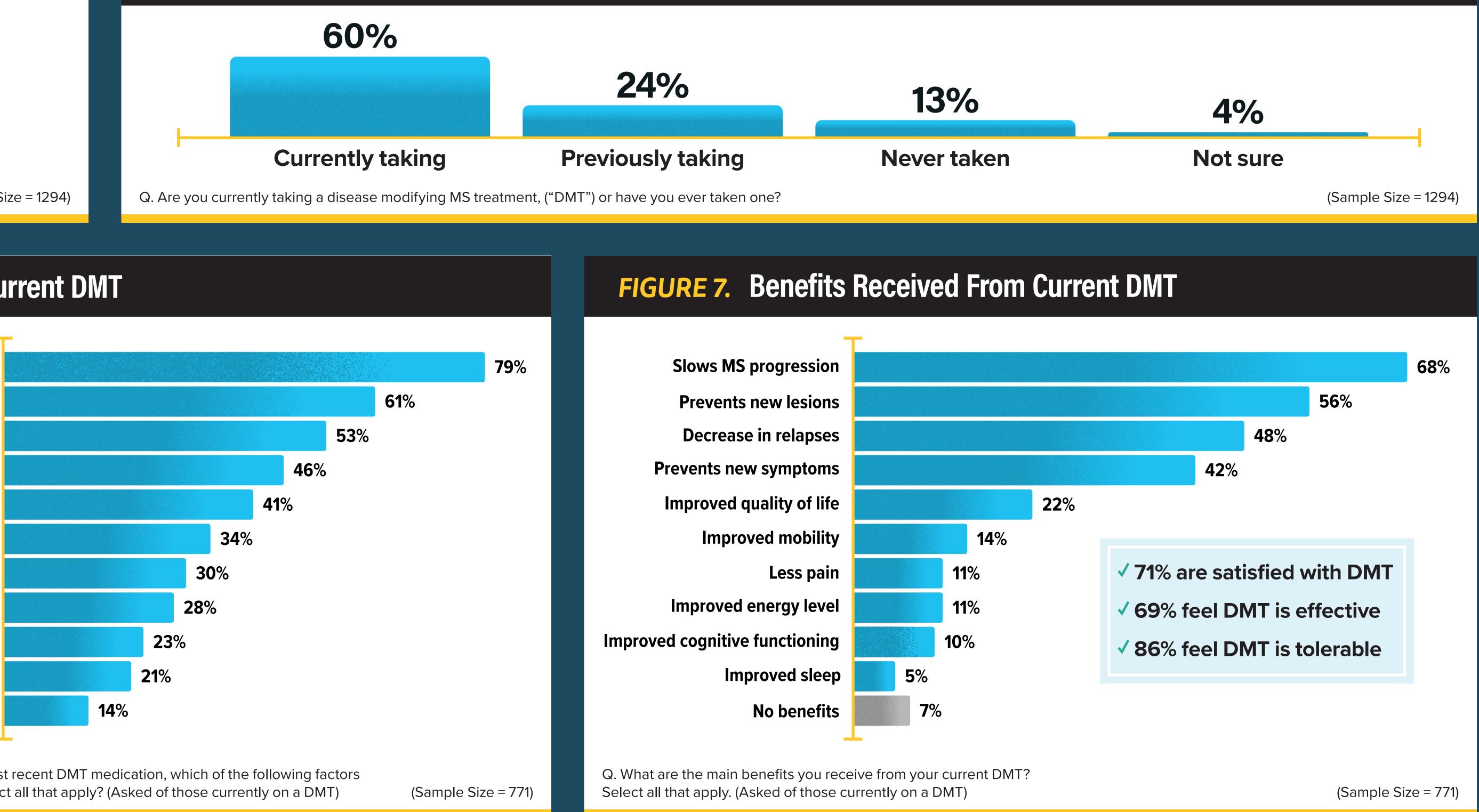
## FIGURE 8. Top Three Desired DMT Benefits

Slow progression Improve mobility Prevent new symptoms Improve cognitive functioning Lessen fatigue Decrease relapses Lessen pain

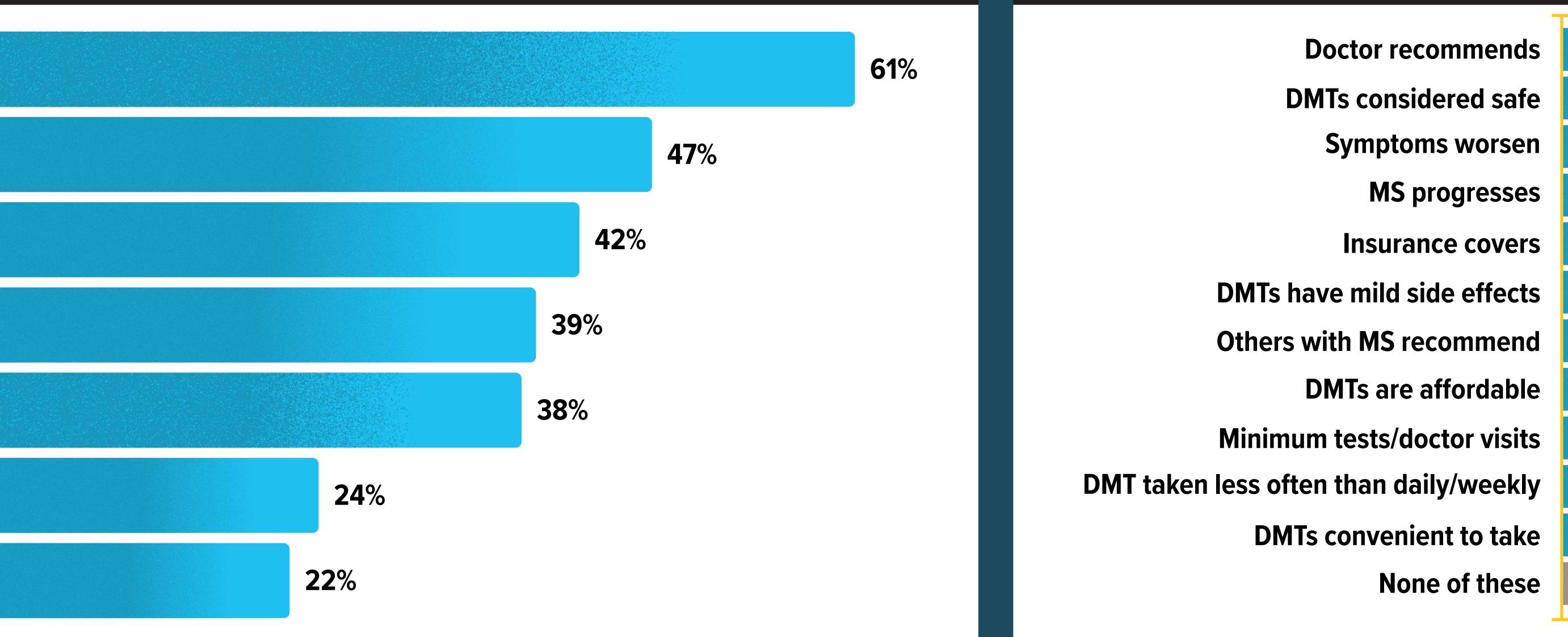
# **45**% 43% (Sample Size = 311)

## FIGURE 6. Why Started Current DMT

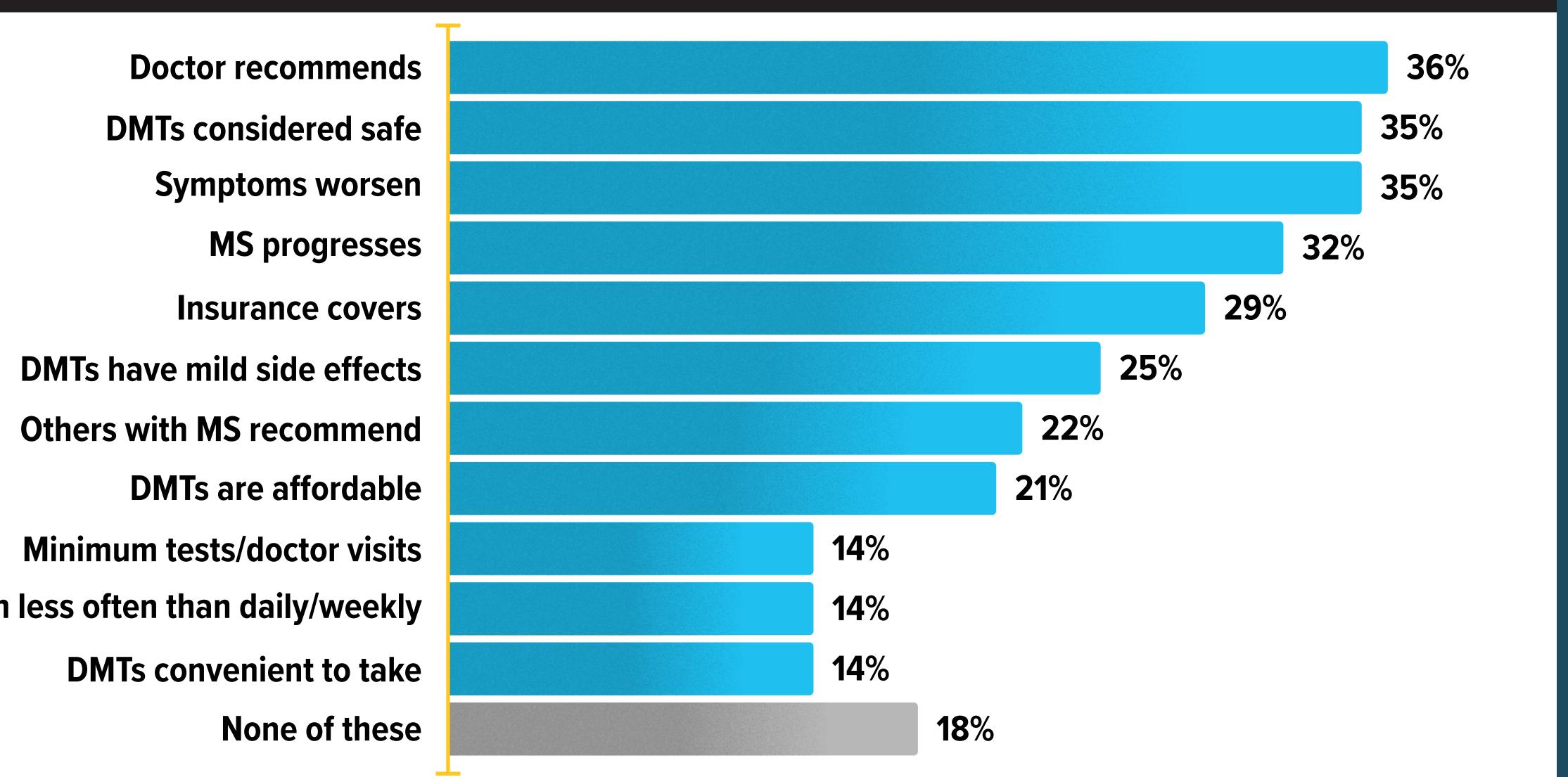




Q. When you made the decision to go on your most recent DMT medication, which of the following factors were most important to you in your decision? Select all that apply? (Asked of those currently on a DMT)



## **FIGURE 9.** Reasons Might Try a DMT (DMT Naïve)



Q. Which, if any, of the following might be reasons why you would start taking prescription DMTs in the future? Select all that apply. (Asked of those never on a DMT)