

Treatment of Psoriasis: A Survey on Patient Preference and Satisfaction

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SYNOPSIS

- Psoriasis is a chronic, immune-mediated disease that can have frequent exacerbations and remissions¹
- Treatment decisions for psoriasis can be complex, with considerations including patient and provider preferences, patient goals, psychosocial factors, comorbidities, and financial burden²
- Topicals are considered first-line therapy for mild disease³ and are having an increasing role in moderate-to-severe psoriasis as an integral part of combination therapy

METHODS

- The National Psoriasis Foundation, on behalf of Ortho Dermatologics, deployed an online survey developed by Ortho Dermatologics to the patient community through the NPF MyStudies e-newsletter
- The survey was available for approximately 2 months starting in the first quarter of 2018

RESULTS

- The survey included a total of 314 respondents, with a 99.4% completion rate
- Of the respondents, 86.9% were diagnosed with psoriasis >5 years ago (Table 1)
- Over three-fourths of respondents reporting having the following body parts typically affected by plaque psoriasis: scalp, arms, and legs (Table 1)
- Multiple treatments were common in this group, with 61.6% of patients having used ≥5 treatments or products; 16.1% had used more than 15 (Table 1)

TABLE 1. Respondent Characteristics

% of respondents	Survey Respondents (N=314)
First diagnosed with plaque psoriasis	
Within past year	1.3
1 – 3 years ago	4.5
3 – 5 years ago	7.4
>5 years ago	86.9
Severity of disease (self-classified)	
Mild	15.8
Moderate	53.1
Severe	30.9
Body parts commonly affected by psoriasis (>50% respondents)	
Scalp	78.5
Arms	75.6
Legs	75.2
Body	61.4
Total number of treatments ever used	
1	2.3
2 – 5	36.1
5 – 10	31.0
10 – 15	14.5
>15	16.1

- All patients had previously used topical medication(s), with current therapies primarily comprising topicals (87.1%) and biologics (21.2%; Figure 1)
- Nearly all respondents (93.2%) were open to trying new treatments (Figure 2; blue regions)
- Only 13.6% of respondents were very or extremely satisfied with their current plaque psoriasis treatment, with the lack of satisfaction primarily due to treatment not being effective enough (Figure 3)
- Of the 92 participants that had previously been on topical treatment and were currently on a systemic or biologic, over half stated that they would have preferred continuing their topical instead of starting a systemic/biologic treatment if their treatment was more effective (Figure 4)

FIGURE 1. Previous and Current Treatments

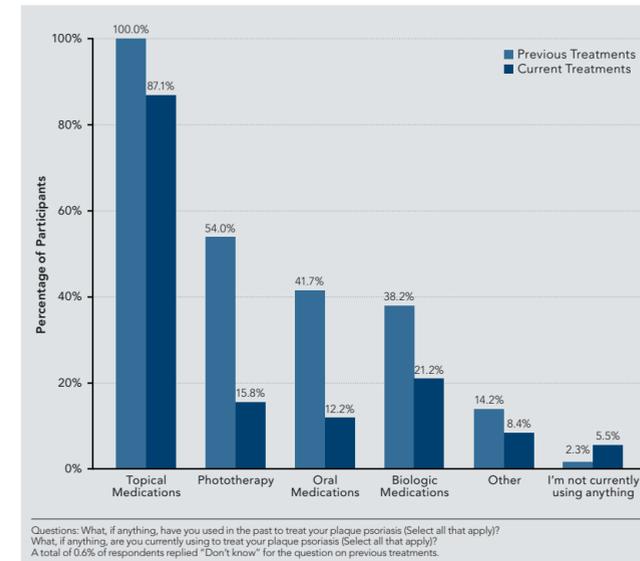


FIGURE 2. Openness to Trying New Treatments

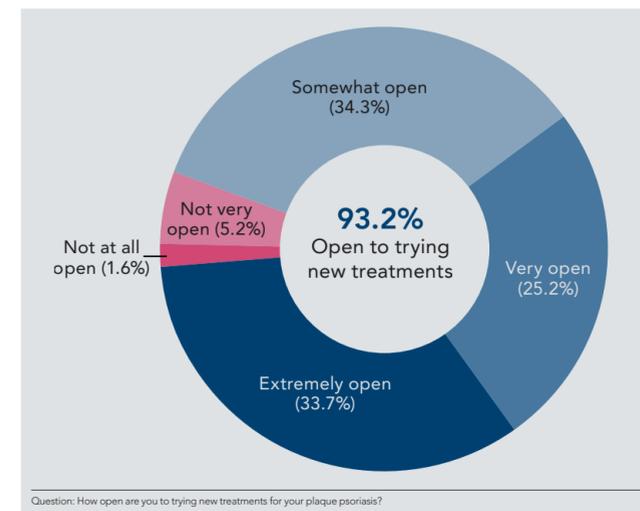


FIGURE 3. Satisfaction with Current Psoriasis Treatment (A) and Reasons for Lack of Satisfaction (B)

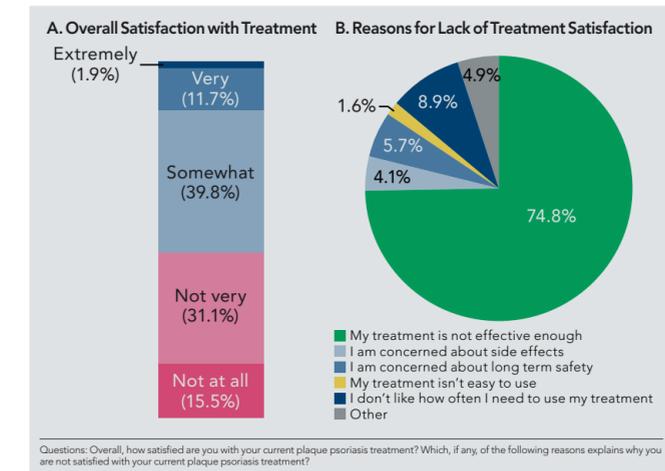
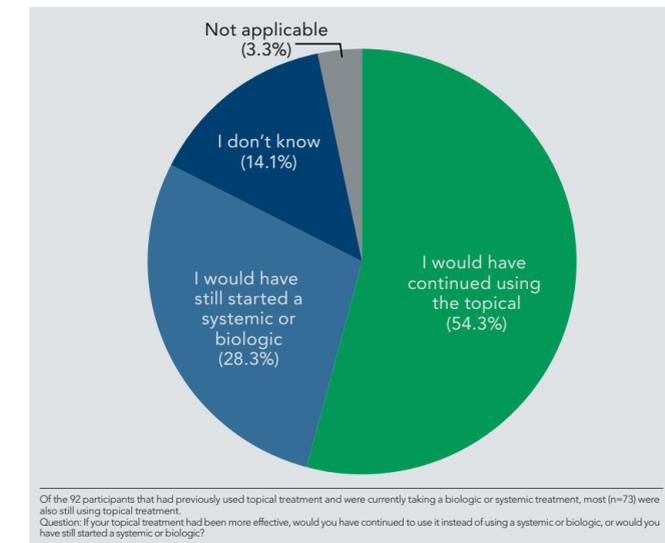


FIGURE 4. Respondents That Would Have Continued Topical Treatment if it Was Effective (n=92)



CONCLUSIONS

- Most survey respondents had moderate-to-severe psoriasis with a duration of over 5 years
- All respondents had used topical treatments in the past, and the vast majority were currently using topicals to treat their psoriasis
- Patient satisfaction was low, with lack of effectiveness being the main driver of dissatisfaction
- Of individuals who did not achieve sufficient response to topical treatment, over half would have continued to use their topical treatment over starting a systemic/biologic if the topical had been more effective
- These survey results suggest that patients are extensively using topical treatments to control their psoriasis, and that topical treatments, if more effective, would be preferred by most patients over systemic or biologic treatments

REFERENCES

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AUTHOR DISCLOSURES

Dr. Lawrence Green has served as a speaker, consultant, and/or investigator for: Arcutis, Abbvie, Amgen, Celgene, Dermavant, Janssen, Lilly, MC2, Novartis, Ortho Dermatologics, Sienna, SunPharma, UCB.
Dr. April Armstrong has served as a research investigator and/or consultant to AbbVie, Janssen, Lilly, Leo, Novartis, UCB, Ortho Dermatologics, Dermira, Sanofi, Regeneron, BMS, Dermavant, and Modernizing Medicine.
Dr. Craig F Teller has nothing to disclose.
Dr. Stacie Bell is an employee of the National Psoriasis Foundation.
Dr. Tina Lin is an employee of Ortho Dermatologics and may hold stock and/or stock options in its parent company.