

# Patient Perspectives on the Prevalence and Burden of Psoriasis: Results From a National Survey of Adults With Psoriasis in the United States

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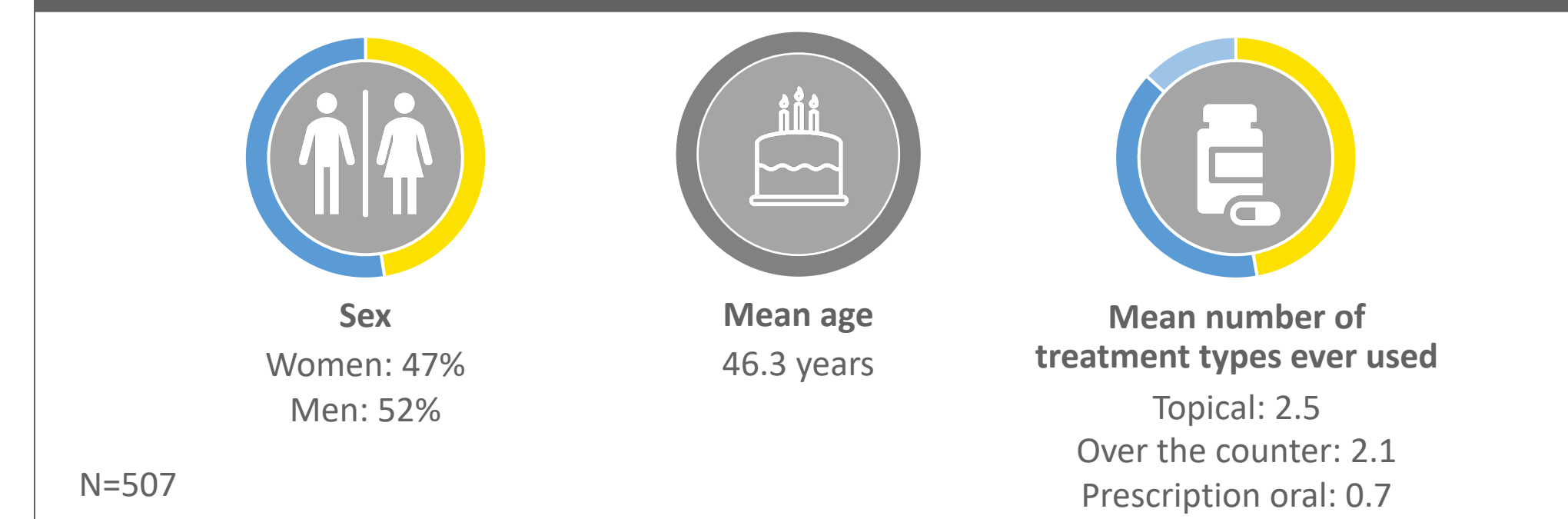
## INTRODUCTION

- Plaque psoriasis is a common inflammatory skin condition, affecting about 3% of US adults<sup>1</sup>
- A survey was conducted by the Harris Poll in the US, on behalf of Arcutis Biotherapeutics, to understand the perspectives and burden of patients with psoriasis who use topical treatments to manage their disease
- This poster presents the results of this survey related to patient preferences and treatment patterns

## METHODS

- The 20-minute online survey was conducted from October 21 through November 24, 2021, among 507 US adults diagnosed with psoriasis by a healthcare provider (Figure 1)
- Participants had to use a topical treatment and not use a prescription injectable treatment for their psoriasis
- Demographic variables included education, age by sex, race/ethnicity, census region, household size, and marital status
- A propensity score variable was included to adjust for respondents' propensity to be online
- Raked weights were estimated using Random Iterative Method weighting

**Figure 1. Disposition of Patients With Psoriasis Using Topical Treatments**

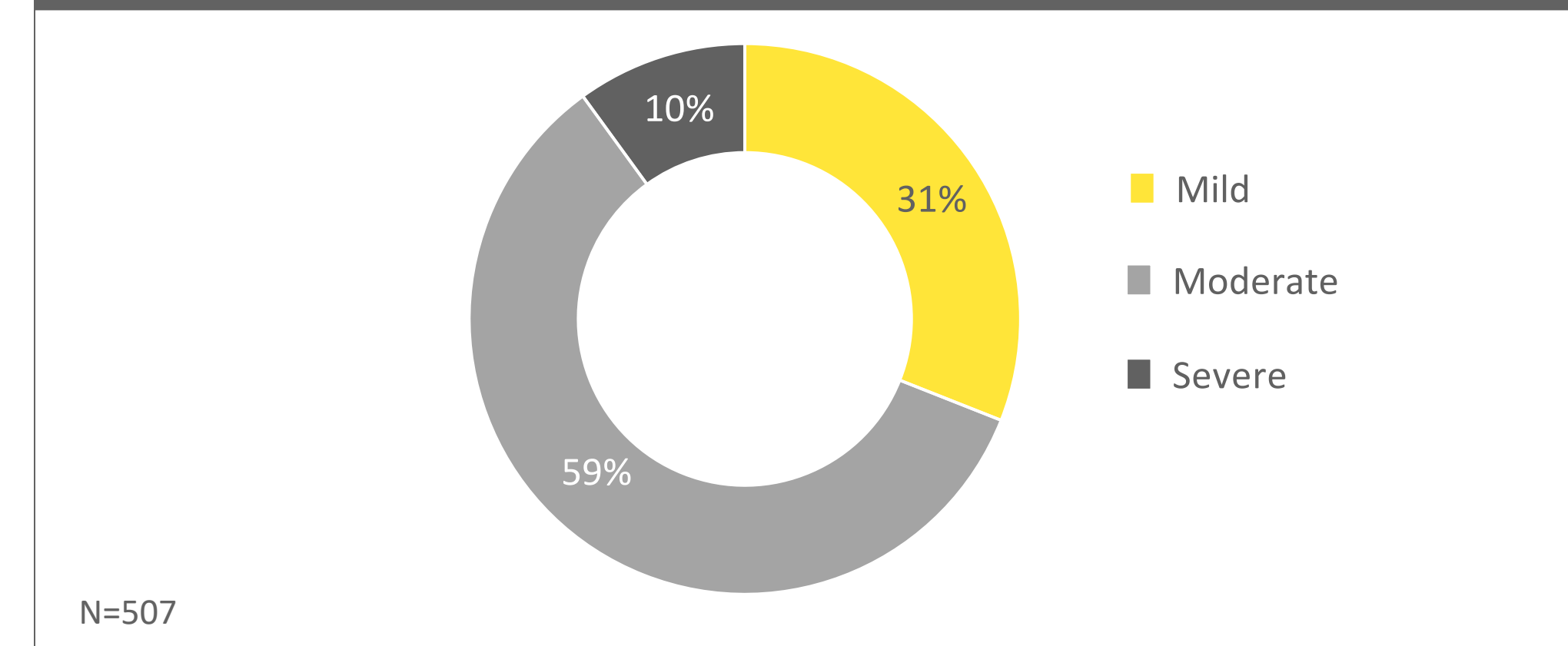


## RESULTS

### Patient-Reported Psoriasis Symptoms

- At the time of diagnosis, most participants (N=507) described their psoriasis symptoms as moderate (59%; Figure 2)

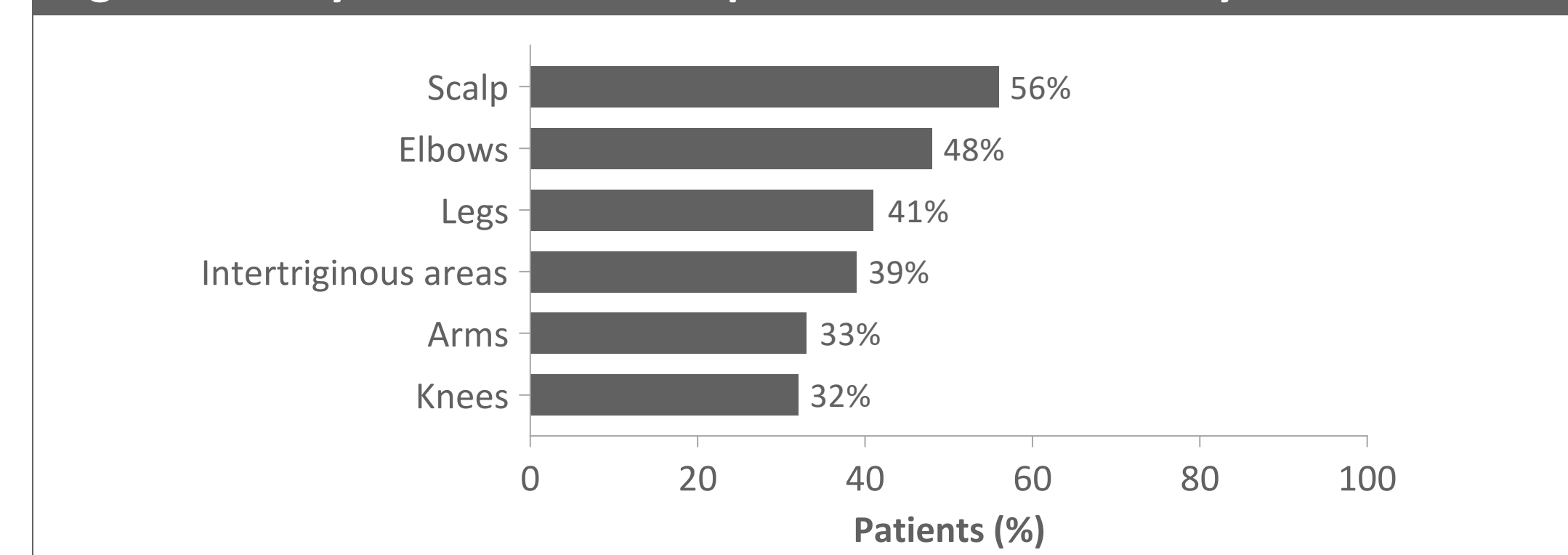
**Figure 2. Patient-Reported Severity of Psoriasis Symptoms**



### Patient-Reported Burden of Psoriasis

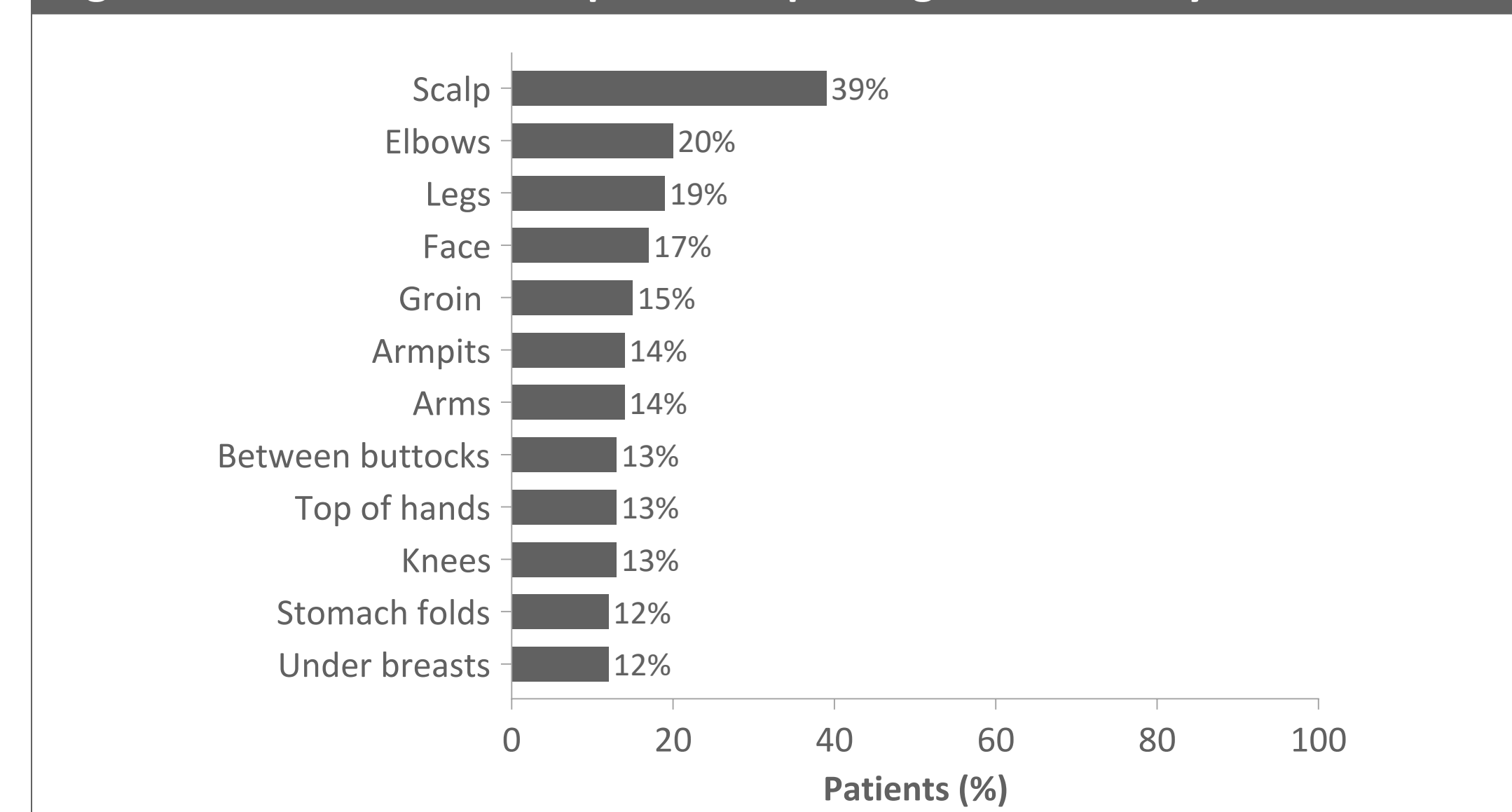
- Participants estimated that an average of 15% of their bodies was affected by psoriasis
  - Most patients (63%) reported ≤10% of their body was affected
  - The body areas most often reported to be affected by psoriasis were the scalp, elbows, legs, intertriginous areas, arms, and knees (Figure 3)

**Figure 3. Body Areas Patients Reported Most Affected by Psoriasis**



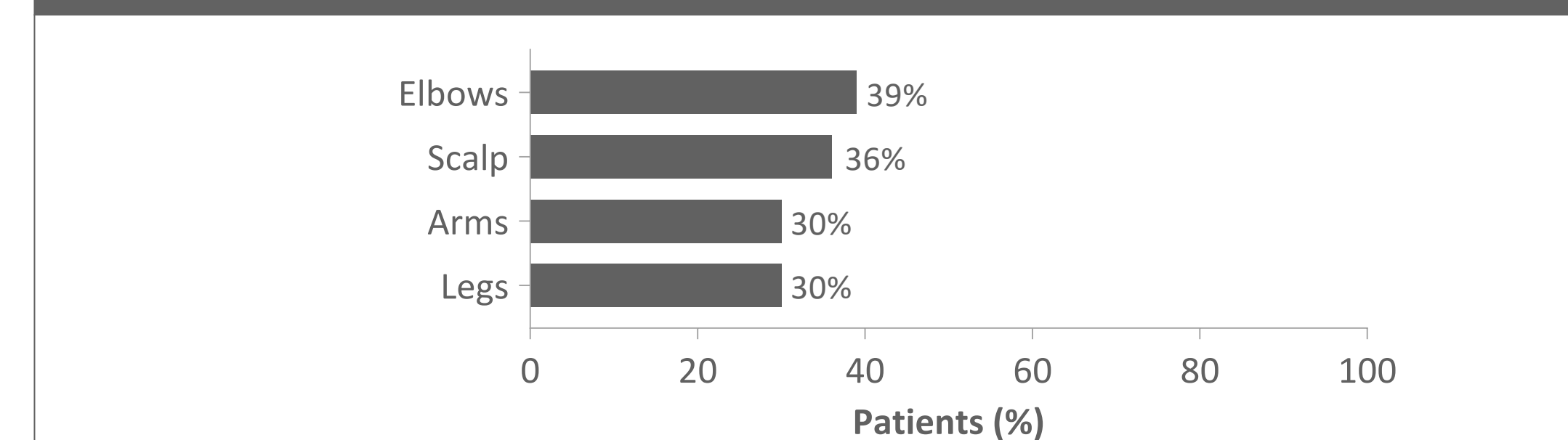
- Participants reported psoriasis affecting the scalp, elbows, and legs caused the greatest impact on quality of life (Figure 4)

**Figure 4. Areas Patients Reported Impacting Their Quality of Life**



- Over 3 in 10 participants said they apply topical treatments to their elbows, scalp, legs, and arms (Figure 5)

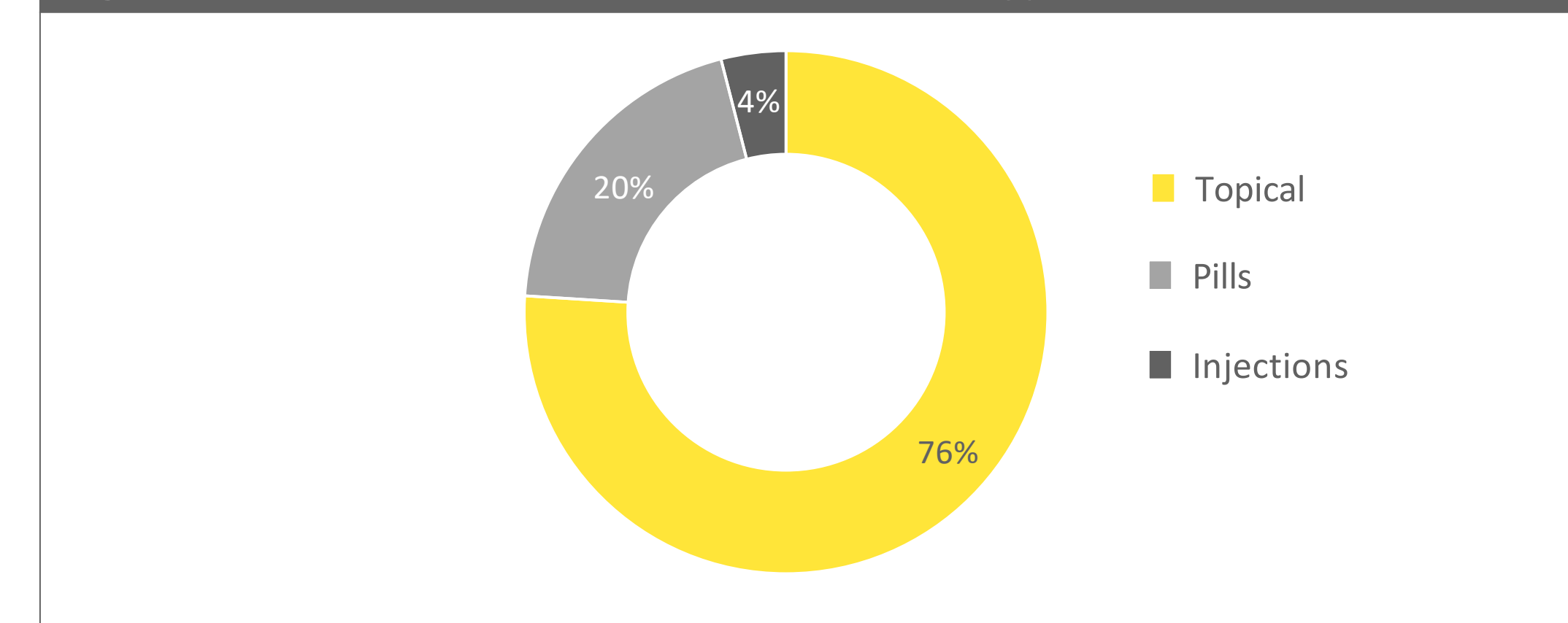
**Figure 5. Most Common Areas Patients Reported Applying Topical Treatment**



Other areas include knees (25%), face (23%), groin (22%), armpits (20%), between the buttocks (19%), top of hands (19%), stomach folds (19%), under breasts (17%), and top of feet (17%).

- Most (76%) participants preferred topical therapies for psoriasis, while 20% preferred pills and 4% preferred injections (Figure 6)

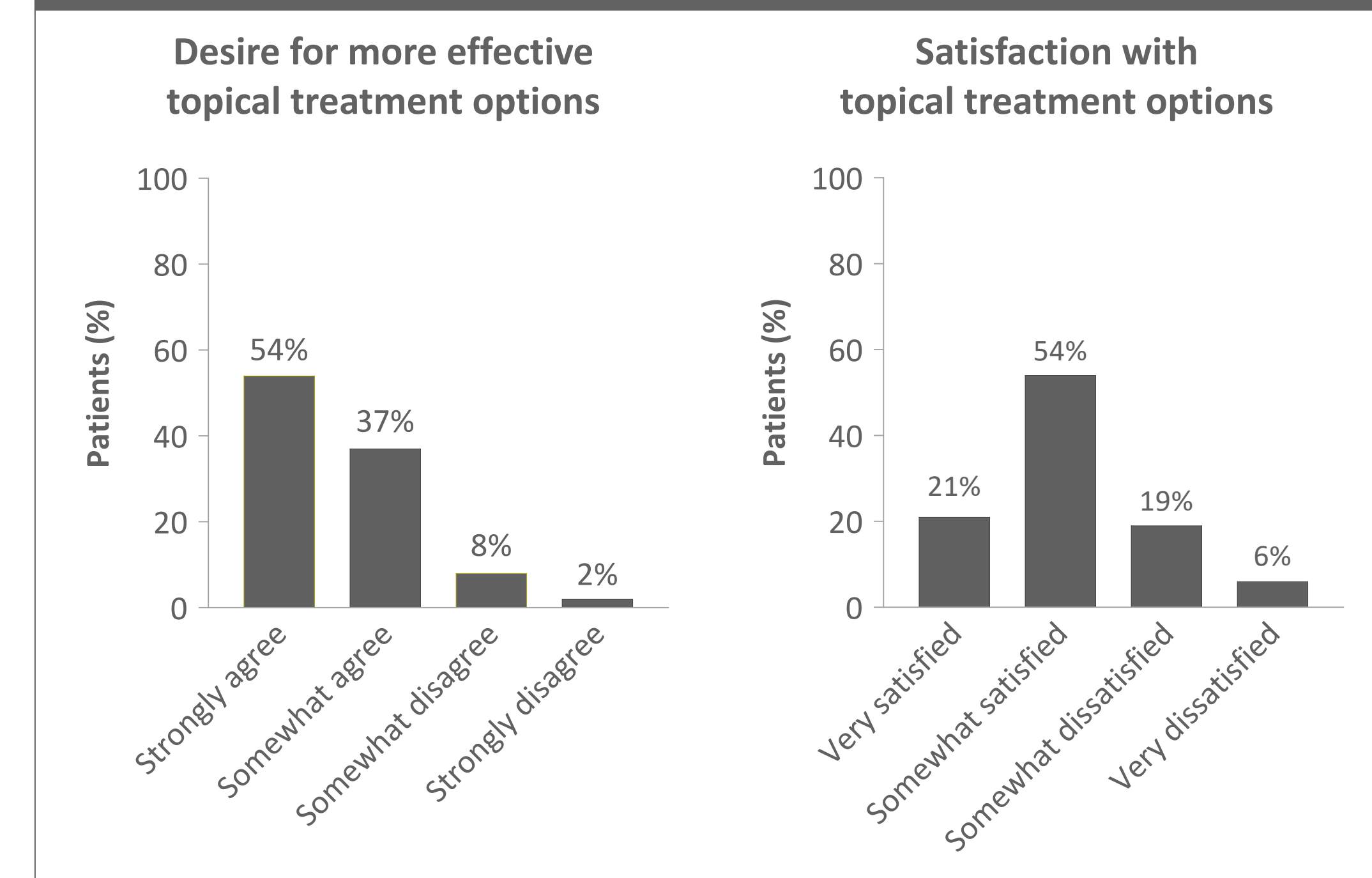
**Figure 6. Patient Preferences for Treatment Types**



### Patients' Perspective of Psoriasis Treatment Options

- 90% of participants agreed that they wished more effective topical treatment options were available (Figure 7)
- 25% of participants were dissatisfied with the topical treatments they had used (Figure 7)

**Figure 7. Patient-Reported Desire for and Satisfaction With Topical Treatment Options**



## REFERENCE

1. Rachakonda TD, et al. *J Am Acad Dermatol* 2014;70:512–516.

## ACKNOWLEDGEMENTS

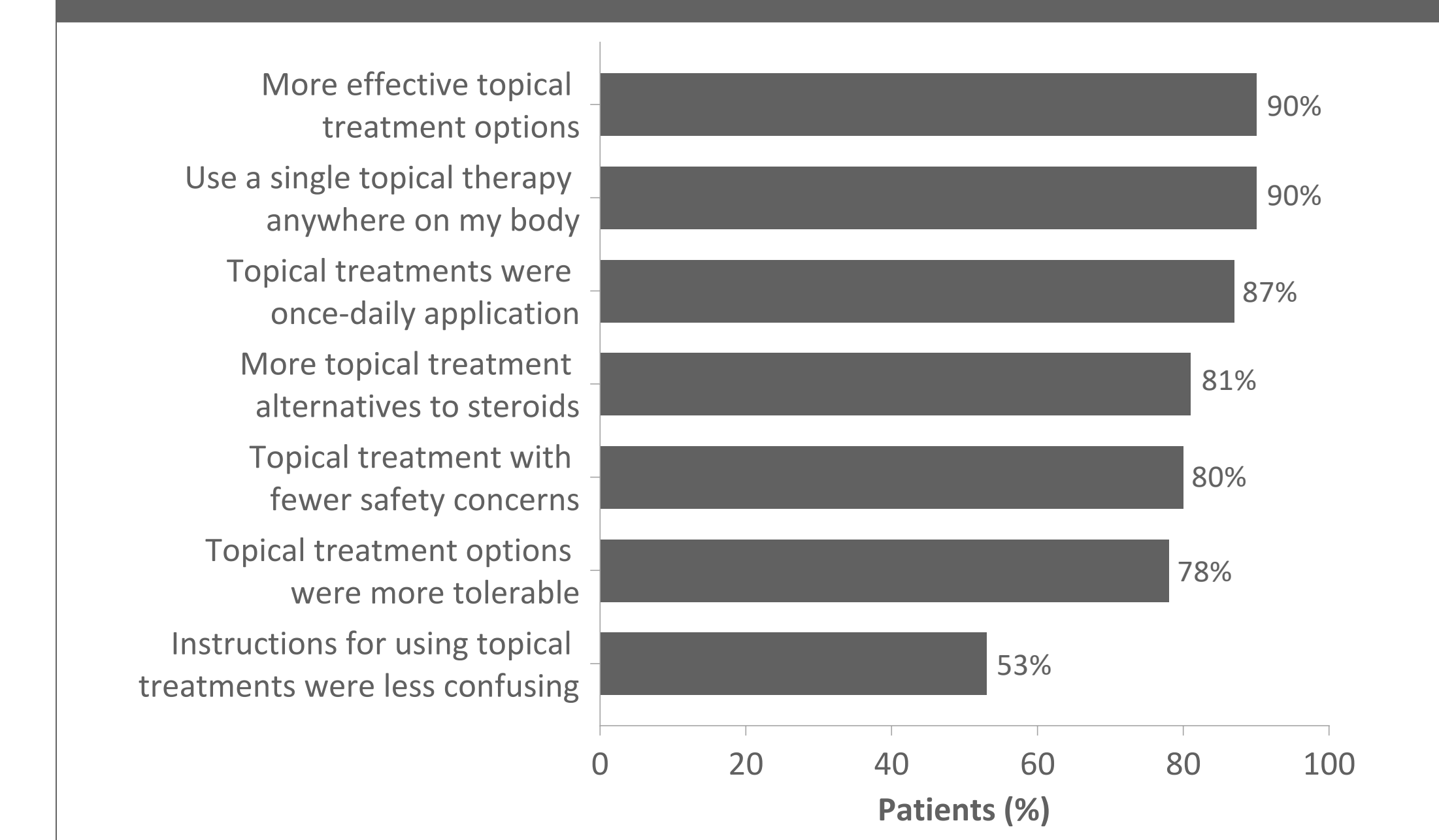
- This study was supported by Arcutis Biotherapeutics, Inc.
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## DISCLOSURES

AA, MY, and TG are investigators and/or consultants for Arcutis Biotherapeutics, Inc. and received grants/research funding and/or honoraria; MS and RH are employees of Arcutis Biotherapeutics, Inc. Additional disclosures provided on request.

- Most patients currently using topical treatments agreed to wanting more effective topical treatment options and a single topical therapy that can be used anywhere on the body (Figure 8)

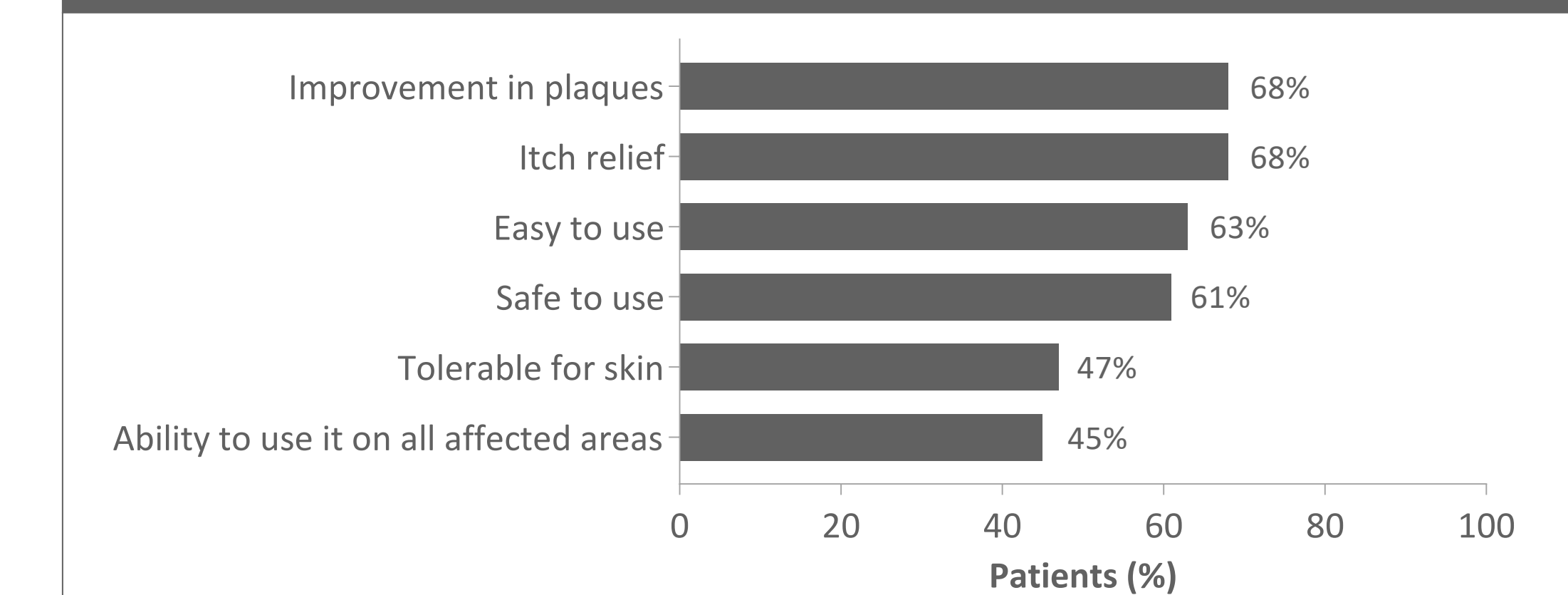
**Figure 8. Patient-Reported Wants From Topical Psoriasis Treatment**



- Nearly all (89%) of participants said they are interested in trying a new topical treatment for psoriasis

- The most common product attributes that participants want in a topical psoriasis treatment are improvement of plaques, itch relief, easy to apply, and safe to use (Figure 9)

**Figure 9. Patient-Reported Desired Attributes of Topical Psoriasis Treatment**



## CONCLUSIONS

- Patients with psoriasis want more effective and easier-to-use topical treatment options
- While patients with psoriasis have used an average of 2.5 topical treatments, they prefer a single topical therapy that can be used anywhere on the body
- Most respondents were open to using a new topical treatment for psoriasis and want a product that offers improvement of both plaques and itch