

# Patient-Reported Outcomes in Psoriatic Arthritis



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## KEYWORDS

- Psoriatic arthritis • Patient reported outcome • Outcome measure
- Composite measures

## KEY POINTS

- Psoriatic arthritis is a chronic and heterogeneous inflammatory arthritis associated with psoriasis.
- Patient-reported outcomes are essential in assessing health status and treatment effects in psoriatic arthritis.
- Additional studies are needed to understand what patients think is important in defining the activity of their disease.

## INTRODUCTION

Psoriatic arthritis (PsA) is a chronic inflammatory arthritis associated with psoriasis. It affects people heterogeneously with a range of clinical manifestations (eg, inflammatory arthritis, dactylitis, enthesitis, spondylitis, skin psoriasis, nail disease). The disease has a significant impact on patients' physical function, energy level, social participation, mood, and quality of life.<sup>1</sup> Physician-based outcome measures do not capture the patient's experience of the disease. Patient input in assessing disease status and the effectiveness of their treatments is an important aspect of the management of PsA. Patient-reported outcomes (PROs) give us the ability to integrate patient input in a way that is complementary to physician assessments and laboratory measures. PROs are measures of self-reported health status used to evaluate the

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patient's perception of symptoms, function, and other aspects of his or her life potentially impacted by disease.

In PsA, PROs are used in clinical trials and clinical practice. PROs are key components of efficacy endpoints in clinical trials and are incorporated with physician-based measures in composite disease activity indices, including the primary outcome in PsA randomized controlled trials (RCTs), the American College of Rheumatology 20% improvement response criteria (ACR20). As a part of the OMERACT (Outcome Measures in Rheumatology Clinical Trials) PsA Core Domain Set,<sup>2</sup> PROs representing patient global assessment, pain, physical function, and health-related quality of life are expected to be measured in all PsA RCTs in addition to physician assessments of joints and skin. Beyond these domains, PROs are used to capture work productivity, fatigue, psychological endpoints, and other symptoms. A wide range of PROs exist and few have been developed specifically for PsA. Most measures used in PsA have been developed for other diseases (eg, Health Assessment Questionnaire Disability index for rheumatoid arthritis, Functional Assessment of Chronic Illness Therapy-Fatigue for cancer-related anemia) or are generic and meant to assess population health (eg, Medical Outcomes Study Short Form-36 [SF-36], European Quality of Life Index-5 Dimensions [EQ-5D]). Furthermore, even fewer PROs have been developed with input from patients with PsA. Patient input into PsA outcome measures has previously been reviewed, and for most measures there has been no patient input.<sup>3</sup> For a few measures, patient input has been incorporated by developing items from qualitative research among patients with PsA (Psoriatic Arthritis Quality of Life index, Psoriasis Symptom Inventory, Worst Itch-Numerical Rating Scale) or using patient research partner opinions of the relative importance of domains (Psoriatic Arthritis Impact of Disease).<sup>4</sup> Measures of PsA have been reviewed previously.<sup>5</sup>

In this review, we discuss PROs used in observational and interventional studies of PsA. We have organized the PROs into categories based on the domains they address.

## METHODS

We performed a systematic literature search on July 22, 2015, in PubMed. We included the following search terms for PsA: ("Arthritis, Psoriatic"[Mesh] OR "Psoriatic arthritis" OR "psoriatic arthropathy" OR "arthritis psoriatica" OR "arthropathic psoriasis" OR "psoriasis arthropathica" OR "psoriatic arthropathy" OR "psoriatic polyarthritis" OR "psoriatic rheumatism") and the Oxford Patient-Reported Outcome Measurement filter (source: Oxford Department of Public Health PROM Group). We obtained 1422 entries, which were reviewed by title and abstract for inclusion. We excluded duplicates and studies specifically for children. After this review, 247 articles were retained. We performed additional searches for individual outcome measures. For each measure, we synthesized the available data on the use of the outcome measure in PsA.

## PATIENT-REPORTED OUTCOMES IN PSORIATIC ARTHRITIS STUDIES

PROs may be disease specific or generic and may address one or more health dimensions or domains. Domains assessed by PROs used in PsA are shown in [Table 1](#) and the most frequently used are discussed as follows. Studied measurement characteristics of PRO measurement instruments are summarized in [Table 2](#).

### *Pain*

Pain is a prevalent and debilitating symptom in arthritis. Pain assessment is part of the Outcome Measures in Rheumatology Clinical Trials core domain set and 1 of the 3 PROs in the ACR response indices. It is an outcome measure that is, uniformly

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