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# Patient perspectives in the management of psoriasis: Results from the population-based Multinational Assessment of Psoriasis and Psoriatic Arthritis Survey

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**Background:** Available psoriasis surveys offer valuable information about psoriasis and psoriatic arthritis (PsA), but are limited by methodology or enrollment requirements.

**Objective:** To further the understanding of the unmet needs of psoriasis and PsA patients.

**Methods:** This was a large, multinational, population-based survey of psoriasis and/or PsA patients in North America and Europe. Patients were selected by list-assisted random digit dialing and did not have to currently be under the care of a health care provider, a patient organization member, or receiving treatment; 139,948 households were screened and 3426 patients completed the survey.

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**Results:** The prevalence of psoriasis/PsA ranged from 1.4% to 3.3%; 79% had psoriasis alone and 21% had PsA. When rating disease severity at its worst, 27% (psoriasis) and 53% (PsA ± psoriasis) of patients rated it as severe. Psoriasis patients indicated that their most bothersome signs or symptoms were itching (43%), scales (23%), and flaking (20%). Of psoriasis patients, 45% had not seen a physician in a year; >80% of psoriasis patients with  $\geq 4$  palms body surface area and 59% of PsA patients were receiving no treatment or topical treatment only. Of patients who had received oral or biologic therapy, 57% and 45%, respectively, discontinued therapy, most often for safety/tolerability reasons and a lack/loss of efficacy.

**Limitations:** The survey lacked a control group, did not account for ethnic and health care system differences across countries, and was limited by factors associated with any patient survey, including accurate recall and interpretation of questions.

**Conclusions:** Several identified unmet needs warrant additional attention and action, including improved severity assessment, PsA screening, patient awareness, and treatment options. (J Am Acad Dermatol 2014;70:871-81.)

**Key words:** health survey; patient satisfaction; psoriasis; psoriatic arthritis; quality of life; questionnaires.

## INTRODUCTION

Published estimates of the worldwide prevalence of psoriasis range from approximately 1% to 3%.<sup>1-4</sup> Although information is available on the impact of psoriasis on patients' lives<sup>5-10</sup> and treatment patterns,<sup>3,11,12</sup> the current evidence is variable and lacking in many areas, and numerous unmet needs remain, including underdiagnosis<sup>2,13</sup> and suboptimal treatment.<sup>3,11,12,14</sup>

Results of patient surveys have appeared in the medical literature since 1968 (Appendices A and B; available online at [www.jaad.org](http://www.jaad.org)).<sup>11,15-41</sup> While available surveys offer some insight into the disease burden and treatment of psoriasis, some limitations persist. Generally, these surveys are not population-based, and many were conducted within specific geographic regions, with variable methods and populations.<sup>25,27,33,34,41,42</sup> Surveys are often limited to patients who are currently under the care of a health care provider (HCP) or are members of a psoriasis patient association.<sup>17,34,36,41,42</sup> In addition, limited information has been gathered from patients and physicians, particularly regarding factors that influence motivation for seeking medical care and taking and adhering to therapy.

To further our understanding of how psoriasis affects patients' lives and the unmet treatment needs from the perspectives of both patients and physicians, a population-based survey of 3426 patients and 781 physicians in North America and Europe was

## CAPSULE SUMMARY

- There remains a need to define and address the burden of psoriasis and psoriatic arthritis.
- The Multinational Assessment of Psoriasis and Psoriatic Arthritis Survey is the largest probability survey of patients with psoriasis and psoriatic arthritis to date.
- Several identified unmet needs warrant additional attention and action, including improved severity assessment, psoriatic arthritis screening, and treatment options.

conducted. The Multinational Assessment of Psoriasis and Psoriatic Arthritis (MAPP) survey is the first multinational, large-scale probability survey of psoriasis and psoriatic arthritis (PsA) based on national samplings of households in the United States, Canada, France, Germany, Italy, Spain, and United Kingdom. It focuses on the diagnosis and impact of the various manifestations of psoriasis and PsA on health-related quality of life (QOL), physician–patient relationships, and unmet treatment needs. The survey also

explores patients' perceptions of and satisfaction with medical care and current therapies; concerns about the safety, tolerability, and convenience of current therapies; and the desire for new therapies. Developed with patient, advocacy group, and physician input, the MAPP survey includes patients with psoriasis and PsA, patients not currently seeing an HCP, and HCPs caring for patients with psoriasis. This unique survey aims to provide a true reflection of psoriasis and PsA severity and impact in the community. We provide an overview of the methodology and patient survey results.

## METHODS

### Survey design

The MAPP survey, conducted by Abt SRBI, Inc (New York, NY) between June 2012 and August 2012, followed a confirmed methodology used for other chronic diseases<sup>43-45</sup> and the

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