

DESCRIPTION AND FEELINGS OF PATIENTS WITH PSORIASIS LOCALIZED ON A VISIBLE AREA : FACE AND HANDS

Diamant Thaçi¹ Marketa Saint Aroman² Juliette Murriss³ Roberte Aubert⁵ Charles Taieb⁴

¹ University of Lübeck ² Pierre Fabre; Patient centricity Dpt; Medical Direction
³ Pierre Fabre, Biostatistician – RWE&Datas; ⁴ EMMA; Patients Priority, ⁵ France Psoriasis, Association de patients, France

INTRODUCTION

Psoriasis is a chronic inflammatory disease characterized by well-defined, red, raised plaques covered with whitish scales or a thin, silvery film that peels off easily. It is estimated that 2-3% of the world's population is affected by psoriasis.

MATERIAL & METHODS

Population-based study using a representative sample of the general population aged ≥18 years from six countries (Canada, China, Italy, Spain, Germany, and France). All participants were asked to fill in a digital structured questionnaire. We inquired about the presence of skin disease their eventual localization)

RESULTS

A total of 13,138 adult participants responded to the questionnaire (2,011 Canadian, 3,050 Chinese, 2,000 French, 2,000 Italian, 2,040 Spanish and 2,037 German). Among these participants, 26.2% (n=3,450) suffering from skin diseases, including, psoriasis (4.5%; n=591). We isolated 320 individuals who did report exclusive psoriasis over the last 12 months. Forty-eight percent were women; the average age was 49.8 ±15.5.

Forty-Three percent (n=137) claimed a localized dermatosis on the hands (25%) and/or face (21%). Three per cent reported simultaneous localization on the hands and face.

Regarding the location of the hands: Back of the hand: 55%, palm: 29%, fingers: 30% and nails: 19%

As regards the face: scalp: 49%, scalp edge: 38% and forehead: 40%.

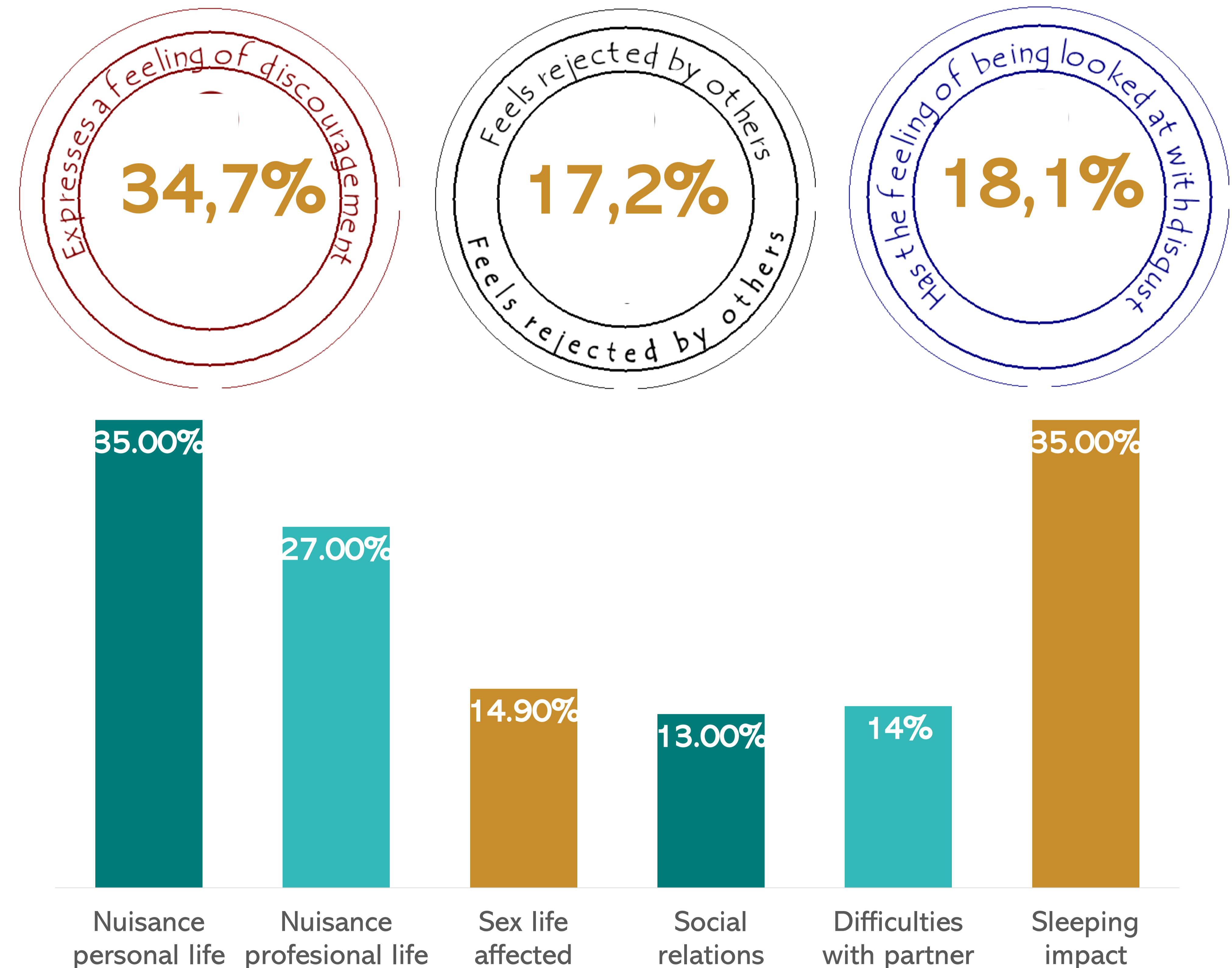
Thirty-five percent (n=112) considered their skin condition to be a nuisance in their personal life and 27% (n=47) considered it to be a nuisance in their professional life.

14.9 %considered their sex life to be affected, and 13 % believed that the condition caused difficulties in their relations and 13.6% with their partner

35% admitted to having difficulties sleeping, and 40.6% reported being tired. In terms of stigma, 17.2% of people with psoriasis felt rejected, 18.1% felt looked upon with disgust, and 34.7% expressed a feeling of discouragement. Fifty-five percent reported consulting a health professional (62% a dermatologist, 42% a GP, and 5% a pharmacist).

41% of those who did not consult a health professional considered their psoriasis to not be severe enough and 51% say they can manage on their own

Twenty percent admitted to using alternative and complementary medicine. In this case, 31% preferred essential oils ,17% herbal medicine, and 23% practice yoga.



DISCUSSION

Our study shows; moreover, in a sufficiently robust group [which allowed the identification of patients suffering only from psoriasis] that the impact in terms of quality of life and daily burden of psoriasis in adults is far from negligible. Our project confirms what patient associations report: facial psoriasis exists.