

Prevalence and factors associated with the use of dermocosmetics by patients with psoriasis : ALL results



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RATIONAL

Dermocosmetics (DC) are products formulated to enhance the softness and suppleness of the stratum corneum by boosting its hydration levels. In the treatment of psoriasis, DC play a crucial role as adjuncts to traditional therapies, aiding in the reduction of scale buildup in affected individuals.

This study aimed to examine the prevalence of DC utilization among dermatology patients and explore the prevalence of conventional treatments, such as topical and systemic medications, among DC users.

METHODOLOGY

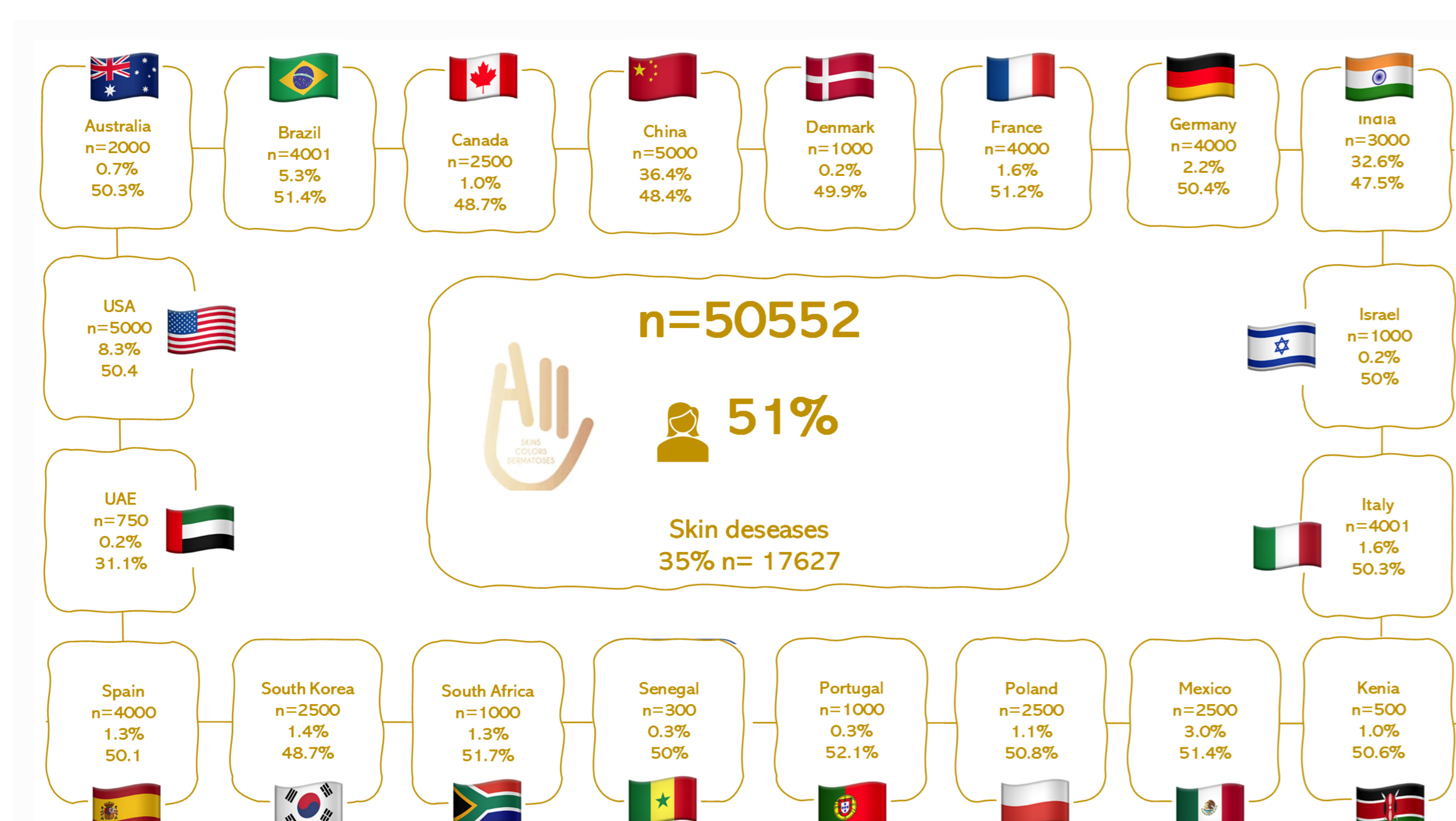
The ALL PROJECT is a large-scale study of individuals representative of the adult population in 20 countries on five continents: Europe [France, Italy, Germany, Poland, Portugal, Spain, Denmark; n=17500], Latin America[LA] [Brazil, Mexico; n=6501], Asia [China, India, South Korea; n=10500], North America [NA] [Canada, USA; n= 7500]; Middle East [ME] [Israel, United Arab Emirates; n=2750], Australia [Australia; n=2000] and Africa [Kenya, South Africa, Senegal; n=1800].

In each of the 20 countries surveyed, representative and extrapolable samples of the general population aged 16 and over were interviewed.

The questionnaire focused on patient experience. It collected information on demographics, any dermatological conditions in the past 12 months, type of physician and therapeutic management. The primary analysis of this study was the prevalence of use of one or more dermocosmétiques disponible en pharmacie sans ordonnance alone or in combination with standard psoriasis therapies in the 12 months prior to the survey.

The secondary analysis was a comparison of emollient and non-emollient users to evaluate predictors: socio-demographic, clinical parameters and treatments used to treat psoriasis. Descriptive analyses were performed using absolute and percentage frequencies.

The significance test was two-tailed and set at 5% ($p \leq 0.05$). Student's t-test and Pearson's chi-squared were used to compare subjects who reported using DC with those who did not



RESULTS

A population of 992 psoriasis patients was selected, including 541 (54.5%) males and 451(45.5%) females (mean age 47.8 +/- 15.5). min 16-85 years. Among the responders, 172 (17.4%) use Dermocosmetics as part of the therapeutic management of psoriasis. 79 (8%) dermocosmetics users use a dermocosmetics only for the treatment of psoriasis. 91 (52.9%) were prescribed a DC by their doctor, 35 (20.3%) on the sole advice of a pharmacist and 3 (1.7%) on the advice of a nurse.

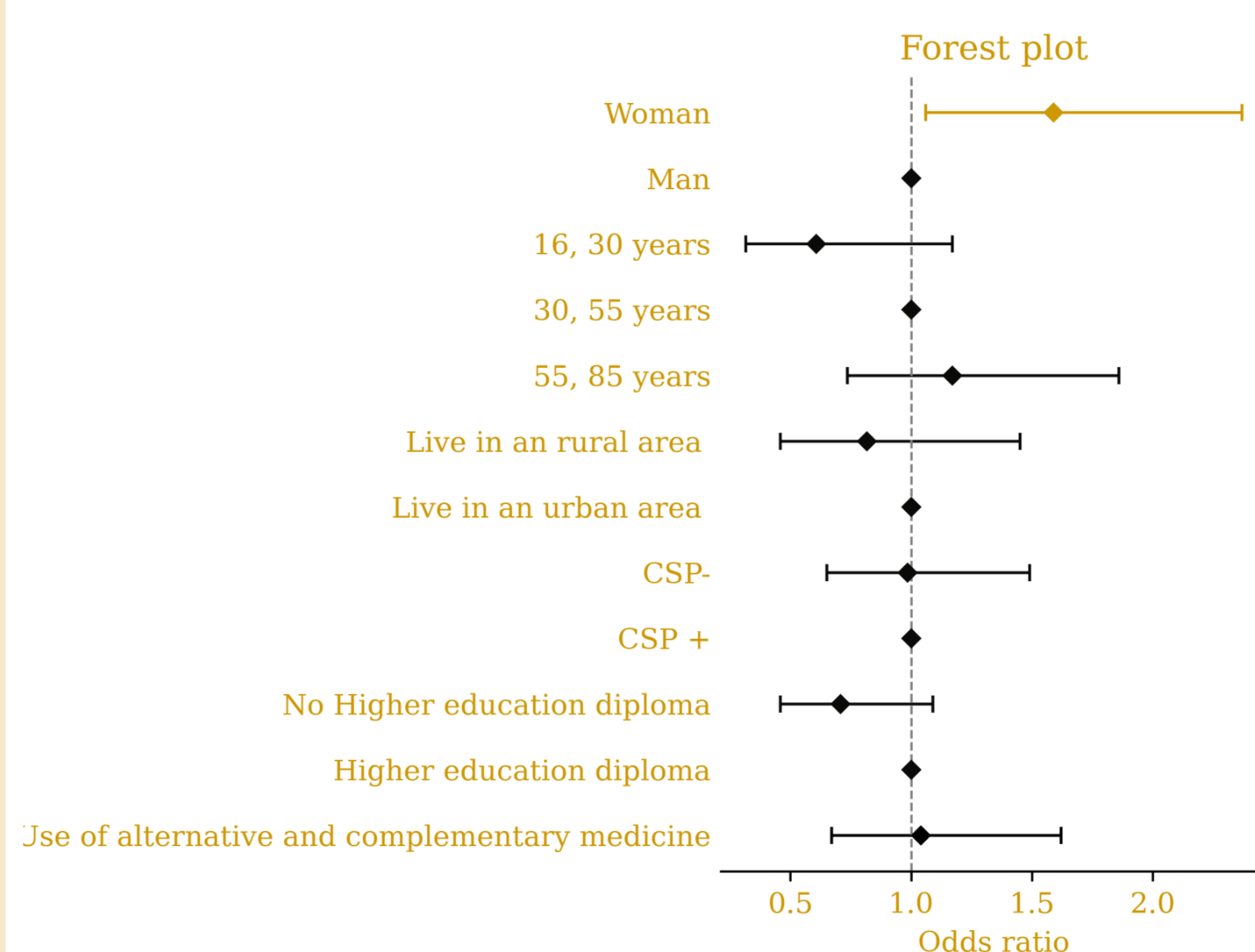
43 (25%) chose their own dermocosmetics without consulting a health professional. 25 (14.5%) use a systemic treatment in combination with a CD, including 5 (2.9%) injectable treatments for psoriasis. 68 (39.5%) use a CD in combination with local dermocorticoid treatment. 56.4% use a CD daily, 31.4% twice a day (morning and evening) and 12.2% three or more times a day. 92 (53.5%) stated that the cost of dermocosmetics prevented them from using them more frequently. 43 25% also used hygiene products and skincare products adapted to psoriasis, 36.6% only skincare products and 11% only hygiene products.

42.9% reported that the cost of dermocosmetics had prevented them from using it.

In multivariate analysis, only gender [being female (OR=1.59, [1.06 ; 2.37], p= 0.0236) was associated with higher rates of use of one or more dermocosmetics.

| Variables | 35 and under N = 226 | 36 and over N = 765 | p-Value |
|---|-------------------------|------------------------|------------------|
| Gender | | | 0.635 |
| Man | 127 (56.19%) | 414 (54.12%) | |
| Woman | 99 (43.81%) | 351 (45.88%) | |
| Report having seen a doctor for their psoriasis | 110 (48.67%) | 474 (61.96%) | <0.001 |
| Including a dermatologist | 73 (66.36%) | 328 (69.2%) | 0.643 |
| Including an allergist | 29 (26.36%) | 171 (36.08%) | 0.068 |
| Including a General Practitioner | 104 (94.55%) | 465 (98.1%) | >0.999 |
| One of whom is a homeopathic doctor | 0 (0.0%) | 4 (0.84%) | 0.123 |
| Acupuncturist | 31 (13.72%) | 141 (18.43%) | 0.123 |
| Decide they have used one or more dermocosmetics for their psoriasis | 74 (32.74%) | 164 (21.44%) | <0.001 |
| Declare having used complementary and alternative medicine | 116 (51.33%) | 291 (38.04%) | 0.045 |

| Variables | Man N = 541 | Woman N = 450 | p-Value |
|---|--------------------|--------------------|--------------|
| Age | 48.59 (± 15.62) | 47.51 (± 15.34) | 0.249 |
| Report having seen a doctor for their psoriasis | 329 (60.81%) | 255 (56.67%) | 0.209 |
| Including a dermatologist | 223 (67.78%) | 178 (69.8%) | 0.665 |
| Including an allergist | 18 (5.47%) | 16 (6.27%) | 0.816 |
| Including a General Practitioner | 121 (36.78%) | 79 (30.98%) | 0.169 |
| One of whom is a homeopathic doctor | 7 (2.13%) | 8 (3.14%) | 0.599 |
| Acupuncturist | 3 (0.91%) | 1 (0.39%) | 0.636 |
| Decide they have used one or more dermocosmetics for their psoriasis | 81 (14.97%) | 91 (20.22%) | 0.037 |
| Declare having used complementary and alternative medicine | 125 (23.11%) | 113 (25.11%) | 0.508 |



DISCUSSION

The results of our study show that 17.4% of psoriasis patients use dermocosmetics (DC) as part of their treatment, with the majority (52.9%) doing so under medical prescription.

However, a significant portion (25%) chose to use DC without consulting a healthcare professional. Additionally, 42.9% of non-users also cited cost as a limiting factor, highlighting the importance of financial accessibility in treatment adherence.