Prevalence and predictive factors of Self-Medication in people with psoriasis: a worldwide study. The results of ALL project

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RATIONAL

The World Health Organization (WHO) defines self-medication (SM) as the "utilization of medicinal products by individuals to address self-identified ailments or symptoms, or the occasional or ongoing use of medication prescribed by a healthcare provider for chronic or recurrent conditions or symptoms."
However, there is insufficient data regarding the prevalence of SM among individuals with psoriasis. This study aimed to examine the occurrence of SM among people living with psoriasis and assess the factors that might predispose individuals to engage in SM practices.

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 gathered information about demographics, about any dermatological condition that occurred in the past 12 months and about any feelings of stigma. . Responders were considered to be self medication user if they reported that they managed very well on their own.. A comparison of SM and non-SM patients was used to evaluate SP predictors: socio-demographic, clinical parameters, psychological impact on self-perception, relationships, daily life and social or professional life. Statistical analysis was performed using EasyMedStat (version 3.34; www.easymedstat.com).
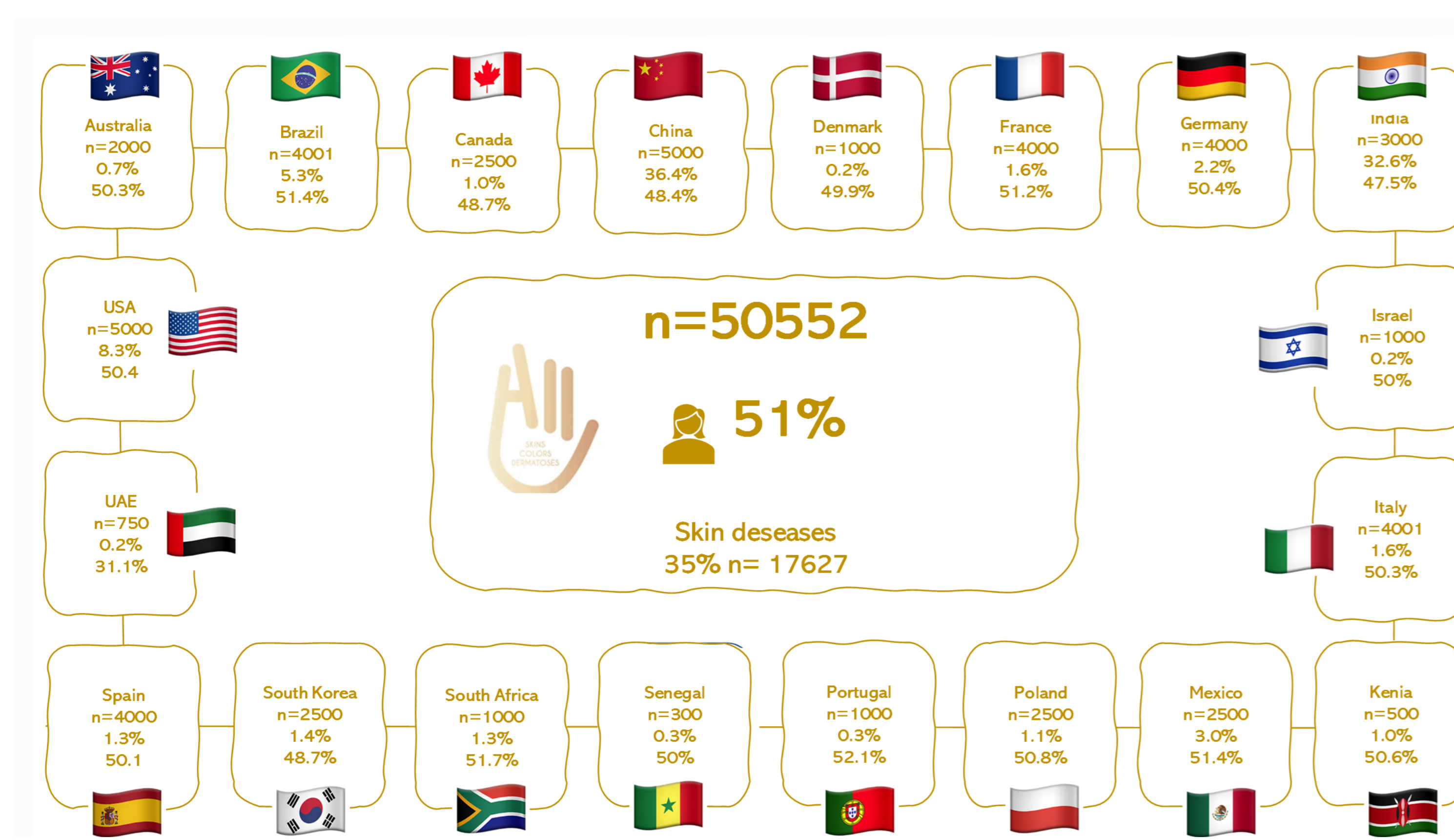
RESULTS

A population of 992 psoriasis sufferers was selected, including 541 (54.5%) males and 451 (45.5%) females (mean age 47.8 +/- 15.5, min 16-85 years). 76 (7.7%) are SM users, of which 47.4% are men, with a mean age of 50.18 (± 14.88) years.
None of the SM users had consulted a doctor in the last 12 months. Regarding the last doctor they consulted for their psoriasis, they were more likely to consider that the time spent was not sufficient (60.5% vs 39.1%, p ≤ 0.05), that the explanations given were not satisfactory (61.8% vs 39.3%, p ≤ 0.05) and that the care offered was not satisfactory (65.8% vs 42.4%, p ≤ 0.05).
Predictive factors for self -medication are retirement (42.1% vs.

31.5%, p ≤ 0.05), absence of symptoms (43.4% vs. 24.3%, p ≤ 0.05), belief that psoriasis is not severe enough (39.47% vs. 21.16%, p ≤ 0.05).
Lack of time (6.58% vs. 3.28%, NS) and lack of financial means (3.95% vs. 2.95%, NS) are not predictive factors for SM. SM users tend to search more often on specialized health sites. (11.84% vs 0.0%, p ≤ 0.05), regularly browse blogs dedicated to my skin condition (9.21% vs 0.0%, p ≤ 0.05) and regularly read health magazines (6.58% vs 0.0%, p ≤ 0.05). Self-mediation users were less likely to use a psoriasis treatment (40.8% vs 75.3%, p ≤ 0.05).
They are less likely to use topical treatments based on dermo corticoids (39.5% vs 64.3%, p ≤ 0.05) and alternatives (6.4% vs 24%, p ≤ 0.05).
On the other hand, they were more likely to use dermo cosmetic creams (products applied to the skin and available in pharmacies without prescription) (26.3% vs. 16.6%; , p ≤ 0.05).

GENDER			
Variable	No SM users N = 915	SM users N = 76	p-Value
Man	507 (55.41%)	34 (44.74%)	0.094
Woman	408 (44.59%)	42 (55.26%)	

FOR INFORMATION, DECLARE THEY TURN TO...			
	No SM users N = 915	SM users N = 76	p-Value
Specialist health websites	179 (19.56%)	12 (15.79%)	0.516
Brand-supported websites	73 (7.98%)	4 (5.26%)	0.507
Discussion forums	49 (5.36%)	7 (9.21%)	0.189
Their pharmacy without going through the doctor	126 (13.77%)	14 (18.42%)	0.344
Patient blogs, influencers	63 (6.89%)	2 (2.63%)	0.224
Psychologist	29 (3.17%)	2 (2.63%)	>0.999
General practitioners	278 (30.38%)	15 (19.74%)	0.068
Dermatologist	367 (40.11%)	21 (27.63%)	0.043
Their family.	251 (27.43%)	19 (25.0%)	0.746

IMPRESSIONS AND COMMENTS FROM THE LAST CONSULTATION			
	No SM users N = 915	SM users N = 76	p-Value
The time the healthcare professional devoted to the patient was sufficient	558 (82.79%)	30 (93.75%)	0.143
He was satisfied with the explanations given by the healthcare professional	556 (82.49%)	29 (90.62%)	0.336
The treatment offered by the healthcare professional was satisfactory	528 (78.34%)	26 (81.25%)	0.828

IMPACT OF THE DISEASE ON DAILY LIFE			
	No SM users N = 915	SM users N = 76	p-Value
Psoriasis has an impact on their personal life	421 (46.01%)	20 (26.32%)	0.001
Psoriasis has an impact on their professional life	N = 878	N = 72	0.103

STIMATISATION AND BURDEN OF DISEASE			
	No SM users N = 915	SM users N = 76	p-Value
He feels left out or rejected by others!	194 (21.2%)	10 (13.16%)	0.129
He feels that people look at him with disgust!	185 (20.22%)	8 (10.53%)	0.058
He has the impression that people avoid touching him!	169 (18.47%)	6 (7.89%)	0.03
He has the impression that people avoid approaching him!	153 (16.72%)	5 (6.58%)	0.031

DISCUSSION

Self-medication represents a significant but often overlooked issue among individuals with psoriasis, stemming from various contributing factors.
Engaging in self-medication practices may hinder the timely implementation of effective medical interventions for psoriasis.
Therefore, it is crucial to mitigate its adverse effects by educating patients, enhancing the quality of doctor-patient interactions, and employing the most effective treatment strategies available.