

eHealth literacy among adults living with psoriasis: a multinational study; ALL Project



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RATIONAL

The internet has emerged as a significant resource for accessing health-related information. The notion of eHealth literacy is introduced and defined as the capacity to search for, locate, comprehend, and assess health information from electronic sources, and to utilize the acquired knowledge to address or manage health issues. Limited information exists regarding eHealth literacy among individuals with psoriasis.

OBJECTIVES

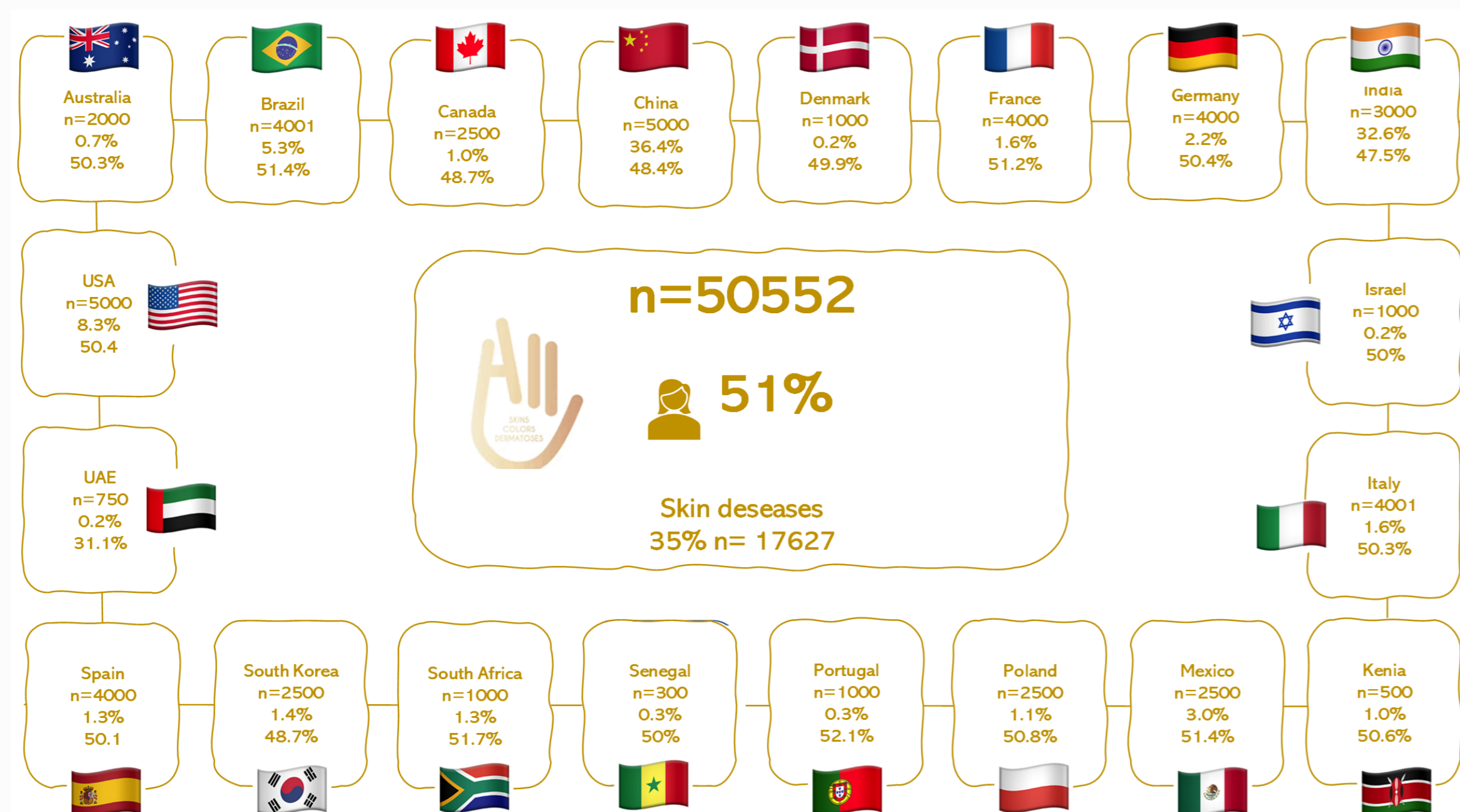
The primary objective of this study was to evaluate eHealth literacy levels among psoriasis patients and investigate the factors linked.

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.

Patients with psoriasis were selected through an online survey of the general population over the age of 16. As the study used anonymous data and did not involve clinical examination, institutional review board approval was not required. Psoriasis was self-reported by patients on the basis of a physician's diagnosis. The questionnaire was developed in partnership with patient organizations and continues to focus on the patient's experience. The questionnaire collected information on the patient's demographic and socio-demographic profile. Patients who reported using the internet to find reliable information about psoriasis were used to assess eHealth literacy (eHL). A comparison between those who did and did not use the Internet to obtain information about their disease was made to assess predictors of (eHL), such as socio-demographic and clinical characteristics, type of treatment, fear of adverse effects, feelings of discouragement to continue treatment and satisfaction with the treating physician.



RESULTS

A population of 992 respondents was selected, including 541 (54.5%) men and 451 (45.5%) women (mean age 47.8 +/- 15.5, min 16-85 years). 245 (24.5%) had used the internet to find information about their disease. 191 (19.3%) visited specialist websites, 77 (7.8%) branded websites. 86.5% of those who used the internet said they trusted the content. Average age (46.3 vs 48.3 years NS) and male gender (51% vs 66.7%, p NS)

were not associated with eHL. Factors predictive of eHL were discomfort in personal life (52.2% vs 41.9%, p ≤ 0.05) and in professional life (40.1% vs 33%, p ≤ 0.05), feeling less productive at work (35.8% vs 25.6%, p ≤ 0.05), feeling that sex life was disturbed (38.2% vs 24.3%, p ≤ 0.05) and difficulties in their relationship (35.6% vs 24.7%, p ≤ 0.05) because of psoriasis.

Taking oral treatments (34.9% vs 18.6%, p ≤ 0.05) and worrying about side effects (47.4% vs 39.9%, p ≤ 0.05) and feeling discouraged about continuing treatment (54.7% vs 46.6%, p ≤ 0.05) were associated with eHi. Dissatisfaction with the healthcare professional's explanations (40.8% vs 41.1%, p ≤ 0.05), the length of the consultation (42.4% vs 40.2%, p NS), and the care provided by the doctor (45.3% vs 43.8%, p NS) were not associated with eHi.

When they look for reliable information about their psoriasis, they say they turn to

Variable	Man N = 541	Woman N = 450	p-Value
General practitioner	204 (37.71%)	175 (38.89%)	0.753
Dermatologist	282 (52.13%)	242 (53.78%)	0.649
Their family	90 (16.64%)	74 (16.44%)	>0.999
Their friends	58 (10.72%)	52 (11.56%)	0.753
Specialist health websites	94 (17.38%)	97 (21.56%)	0.114
Brand-supported websites	44 (8.13%)	33 (7.33%)	0.727
A patient association	16 (2.96%)	14 (3.11%)	>0.999
Discussion forums	30 (5.55%)	26 (5.78%)	0.984
Their pharmacist, without going through the doctor	72 (13.31%)	68 (15.11%)	0.472
Patient blogs, influencers	38 (7.02%)	27 (6.0%)	0.603
Psychologist	19 (3.51%)	12 (2.67%)	0.563
Other	9 (1.66%)	9 (2.0%)	0.812

When they feel the need to discuss or exchange information about their psoriasis, they say they get in touch with

Variable	Man N = 541	Woman N = 450	p-Value
General practitioner	165 (30.5%)	128 (28.44%)	0.525
Dermatologist	216 (39.93%)	172 (38.22%)	0.63
Their family	145 (26.8%)	125 (27.78%)	0.786
Their friends	70 (12.94%)	86 (19.11%)	0.01
Specialist health websites	42 (7.76%)	42 (9.33%)	0.442
Brand-supported websites	17 (3.14%)	21 (4.67%)	0.281
A patient association	10 (1.85%)	13 (2.89%)	0.384
Discussion forums	21 (3.88%)	14 (3.11%)	0.63
Their pharmacist, without going through the doctor	47 (8.69%)	45 (10.0%)	0.549
Patient blogs, influencers	15 (2.77%)	14 (3.11%)	0.9
Psychologist	23 (4.25%)	8 (1.78%)	0.041
Other			

Among those looking for reliable information about their psoriasis on health websites

Variable	No N = 907	Yes N = 84	p-Value
They feel left out or rejected by others!	176 (19.4%)	28 (33.33%)	0.004
They feel that people look at them with disgust	166 (18.3%)	27 (32.14%)	0.003
They feel that people avoid touching them	150 (16.54%)	25 (29.76%)	0.004
They feel that people avoid approaching them	133 (14.66%)	25 (29.76%)	<0.001

DISCUSSION

The accessibility and utilization of online resources by individuals with psoriasis can impact their health behaviors and overall health outcomes. Healthcare providers should take into account the eHealth literacy levels of psoriasis patients and guide them towards trustworthy and relevant online sources. The findings from our studies will facilitate the creation of interventions aimed at improving eHealth literacy skills and enhancing the usability of web-based information for adults with psoriasis.