Depression, Anxiety, Health Care Costs, and Utilization among Patients with Hyperhidrosis in a Real-World Database Analysis


Objective: To describe clinical characteristics and treatment patterns of patients with hyperhidrosis, as well as to determine the prevalence of depression and anxiety among patients with hyperhidrosis.

Methods: Patients were identified from January 2010 through November 2017 from the Optum Research Database, a de-identified database that contains medical and pharmacy information for patients. The condition has reportedly been associated with impacts on health-related quality of life, and treatment patterns may be informative and may inform future research efforts. No claims for the above medical procedures or pharmacy claims for oral systemic therapies was poor, suggesting that tolerability and efficacy may be limiting excessive sweating.

Results: Patients in the hyperhidrosis cohort were more likely to have had depression/anxiety than patients in the control cohort (10.0% vs 7.2%; P<0.001) and emergency room visit (43.3% vs 26.0%; P<0.001). The number of person-years; a Kaplan-Meier analysis of the time to treatments and procedures was used to address the variable follow-up period. The incidence rate shows the average frequency of treatment for patients in a given year; incidence rates were adjusted for the variable follow-up period.

Conclusions: There were substantial differences in healthcare resource utilization relative to the control cohort.

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Limitations: There may be confounding variables other than the presence of anxiety and depression that could affect the relationship between the following variables: hypertension, hyperhidrosis, and depression.