Psoriasis is a common inflammatory skin condition that varies in severity. Most participants (76%) reported using topical therapy at diagnosis by a healthcare provider.

Inclusion criteria:
- Psoriasis diagnosed by a healthcare provider
- Active disease within six months to one year of the survey collection
- Commercial insurance

METHODS
The National Psoriasis Foundation conducted a survey in March 2022 that recruited 411 participants. Inclusion criteria were:
- Psoriasis diagnosed by a healthcare provider
- Active disease within six months to one year of the survey collection
- Commercial insurance

RESULTS
- Most participants (83.9%) self-reported moderate psoriasis
- Symptoms reported the most bothersome were scaling or flaking (78.8%), bleeding/oozing (60%), itch (55%), and flaking (37.4%)
- Most participants (76%) reported using topical therapy at least once weekly
- Nearly 80% of participants said they would allow two weeks for a medication to become effective before considering discontinuation
- If a topical medication caused a reaction, more than 40% of patients said they would call another dermatologist
- If participants did not like the product formulation, most (74.7%) said they would continue to use the medication for a week before discontinuation

CONCLUSION
- Topical treatments continue to be a mainstay of psoriasis treatment
- Patients expect to see rapid improvement with topical treatment; otherwise, they report they will discontinue treatment
- The characteristics of psoriasis treatment vehicles also affects patients’ reported willingness to use treatment and may be an important consideration in treatment planning

REFERENCES