Patient and Healthcare Provider Perspectives on the Disease Burden of Seborrheic Dermatitis in the United States: Results From a National Survey

Raj Chovatya,1 Lakshi Aldredge,2 Candrice Heath,3 Moises Acevedo,4 David H. Chu,5 Diane Hanna,6 Melissa Sajal,5 Matthew Zirraks6

1Northwestern University, Chicago, IL, USA; 2Veterans Administration Portland Health Care System, Portland, OR, USA; 3Temple University, Philadelphia, PA, USA; 4Paper Plaza Dermatology, New York, NY, USA; 5Arcutis Biotherapeutics, Westlake Village, CA, USA; 6Dermatologists of the Central States, Probiesty Medical Research, and Ohio University, Beavercity, OH, USA

INTRODUCTION

• Seborrheic dermatitis (SD) is a common chronic inflammatory skin disease with a worldwide prevalence of up to 5%.
• While SD is common, the physical and emotional burdens of SD have not been well characterized.
• The authors developed an online survey, conducted by the Harris Poll, to gain deeper insight into experiences and attitudes towards the disease among patients with SD and dermatology healthcare providers (HCPs).
• This poster reports patient and HCP perspectives on the physical and emotional burden of SD.

METHODS

• The patient survey was conducted online from December 2021 through January 2022 among US adults diagnosed with SD by an HCP.
  – Results for age, gender, education, race/ethnicity, region, income, household size, and marital status were weighted, when necessary, to align the data with actual proportions in the population.
  – A propensity score variable was also included to adjust for respondents’ propensity to be online.
• The HCP survey was conducted online from December 2021 through January 2022 among HCPs specializing in dermatology (including dermatologists, nurse practitioners [NPs], and physician assistants [PAs]) who see ≥1 patient per week and ≥1 patient with SD per year.
• For dermatologists, results for years in practice, gender, and region were weighted, when necessary, to align the data with actual proportions in the population.
• For NPs/PAs, raw data were not weighted and are therefore only representative of the individual respondents who completed the survey.

RESULTS

• The average age of patients in the survey was 40 years and 55% were male (Figure 1).
• Almost half of patients reported that SD negatively impacts their emotional (49%) and physical (42%) well-being “a lot/a great deal”.
  – However, among the 85% of HCPs who assessed quality of life (n=511), only 32% said living with SD has “a lot/a great deal” of negative impact on patients’ lives.
• Patients with SD reported significant mental health impacts (Figure 4).
  – 77% reported anxiety, 72% reported depression, and 69% reported anxiety about interacting with other people.
  – HCPs agreed that SD symptoms make patients feel anxiety (79%), depression (70%), and anxiety about interacting with other people (84%).
• SD has a significant negative impact on patients’ social life/interactions (91%) and personal relationships (83%) (Figure 5).
  – >70% of patients said SD can be isolating and other people around them did not understand the negative impact their SD symptoms have on their daily life.
  – 86% of HCPs agreed that others did not understand the negative impact of SD on patients’ lives.
  – 82% of patients agreed that they feel embarrassed when people comment on their SD symptoms (Figure 5).
• 77% of patients agreed with the statement “My seborrheic dermatitis symptoms make other people think that I have poor hygiene” (Figure 5).
• 90% of patients said living with SD negatively impacts their self-esteem, with 54% of them reporting it has “a lot/a great deal” of negative impact.
• 6% of patients and 17% of HCPs reported that SD negatively impacts their ability to do their job, specifically agreeing that (Figure 6).
  – They would be further along in their career if they didn’t have SD (61%).
  – SD symptoms made them less confident at work (59%).
  – SD symptoms made them less likely to interact with people at work (58%).
  – SD made them choose a different career path than they originally planned (47%).
• 47% of patients reported ever missing work due to SD symptoms.

Figure 1. Patient Demographics

Figure 2. HCP Demographics

Figure 3. Patient- and HCP-Reported Disease Severity

Figure 4. Patient- and HCP-Reported Mental Health Impact of SD

Figure 5. Patient- and HCP-Reported Social Life and Personal Relationships Impact of SD

Figure 6. Percent of Patients Who Reported “A Lot/A Great Deal” of Negative Impact

CONCLUSIONS

• While most patients described their SD as moderate to severe and having a significant impact on their quality of life, HCPs underestimated the patient-reported severity and level of impact on patients’ quality of life.
  – Patients’ social life and personal relationships suffer due to SD and most patients said others do not understand the negative impact of SD on their life.
• Patients reported SD causes a considerable impact on their day-to-day life, including physical appearance, hygiene routine, clothing choices, and sleep.
• Patients reported SD negatively impacts their self-esteem and multiple aspects of their mental health, causing anxiety and depression.
• The majority of patients reported seeking SD treatment.
• These insights highlight the immense patient burden associated with SD, impacting patients’ emotional, social, and work lives.

REFERENCE


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