Acne-Related Quality of Life: Efficacy of a Novel Tretinoin 0.05% Lotion in Male and Female Patients with Moderate-to-Severe Disease

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SYNOPSIS

Quality of life (QoL) in patients with acne has been shown to correlate more strongly with patient-reported severity than physician-reported severity, suggesting that patient perception may be important to consider during acne treatment.

Compared with other dermatologic conditions, acne is associated with greater negative psychosocial impacts, particularly with feelings of despair and distress.

Acne-related QoL has been shown to be worse in women, possibly because of differences in perceptions regarding self-appearance and cosmetic concerns.

The first lotion formulation of tretinoin, developed by utilizing novel polymeric emulsion technology, has been evaluated in two phase 3 studies that included male and female patients with moderate-to-severe acne (NCT02932306, NCT02965456).

OBJECTIVE

To determine potential improvements in QoL with tretinoin 0.05% lotion and assess potential gender differences in these outcomes in a post hoc analysis of the pooled data from these two phase 3 studies.

METHODS

Data were pooled from two multicenter, randomized, double-blind, vehicle-controlled studies in which participants were randomized (1:1) to receive tretinoin 0.05% lotion or vehicle, once-daily for 12 weeks.

During these studies, CeraVe® hydrating cleanser and CeraVe® moisturizing lotion (L’Oreal, NY) were provided as needed for optimal moisturization/cleaning of the skin.

Algorithms were performed in a Patient Satisfaction Survey (PSS) at baseline and Week 12 to assess satisfaction with previous acne therapy using a 10-point scale, where 10=most satisfied.

RESULTS

The pooled population included 1540 participants (treatment, n=819; vehicle, n=721) of whom 55.4% were female; participants’ ages ranged from 9 to 58 years.

Mean PSS scores at baseline were 4.7 ± 0.6 for tretinoin 0.05% lotion and vehicle, respectively, indicating similar satisfaction with prior acne treatment.

At Week 12, satisfaction was significantly greater with tretinoin 0.05% lotion vs vehicle (2.6 ± 0.4 ± P<0.001).

Acne-QoL scores at baseline included impairment in all domains (Figure 1), with lower (worse) mean scores in female participants than in male participants affected by acne.

At Week 12, mean scores for all domains increased (improved) significantly by Week 12 (P<0.001) in the overall population.

While domain scores in the male participants remained significantly greater compared to those in female participants, changes from baseline in the female participants were much greater.

At Week 12, mean scores for all domains, role-emotional, role-social, and acne symptoms were 4.3 ± 0.5 (65% improvement), 4.2 ± 0.8 (61% improvement), and 4.0 ± 0.9 (61% improvement), respectively.

CONCLUSION

Tretinoin 0.05% lotion was significantly more effective than its vehicle in achieving improvements in QoL, especially in female participants.

Improvements seen in each QoL domain were mirrored by a significant improvement in participant satisfaction.

ACKNOWLEDGEMENTS: Medical writing support was provided by Prescott Medical Communications Group (Chicago, IL) with financial support from Ortho Dermatologics.

REFERENCES


AUTHOR DISCLOSURES

Dr. Sharleen St. Surin-Lord is a paid speaker for Galderma and Pfizer, and a paid consultant for Bausch Health.

Dr. William Philip Werschler has served as an investigator for Ortho Dermatologics.

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FIGURE 1: Average Acne-QoL Domain Scores at Baseline for all Participants in the Tretinoin 0.05% Lotion or Vehicle Treatment Groups (ITT Population, Pooled Data).

FIGURE 2: Average Acne-QoL Domain Scores at Baseline for Males and Females in the Tretinoin 0.05% Lotion Group (ITT Population, Pooled Data).

FIGURE 3: Average Acne-QoL Domain Scores at Week 12 for Males and Females in the Tretinoin 0.05% Lotion Group (ITT Population, Pooled Data).

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