



# Health-related quality of life in patients with psoriatic arthritis

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## Introduction

- Psoriatic arthritis is an inflammatory type of arthritis associated with the chronic skin condition psoriasis
- It is classified as a seronegative spondyloarthropathy due to the absence of rheumatoid factor (Krueger 2002)
- Prevalence in general population varies between 0.04 and 1% (Gladman 2005). In one survey, about 85% of patients with PsA reported that they had psoriasis. One third of those with psoriasis reported joint stiffness (National Psoriasis Foundation 2002)
- Patients with moderate to severe psoriatic arthritis have a significant impairment in quality of life compared to general population (Husted 2001, Krueger 2002)

## Objective

- To describe in patients with psoriatic arthritis in Spain:
  - Demographic and clinical characteristics
  - Health-related quality of life
  - Loss of productivity due to the illness

## Methods

- **Study design**
  - Cross-sectional, observational, multicenter study in 18 centres in Spain
  - Inclusion criteria:
    - Patients over 18 years old
    - Diagnosis of psoriatic arthritis confirmed by dermatologist or rheumatologist
    - Ability to understand and answer correctly the questionnaires used in the study
  - Exclusion criteria:
    - Patients participating in a clinical trial
    - Patients treated with a biological therapy other than infliximab
    - Patients with an axial involvement
- **Data collection**
  - Demographical and clinical data (age, sex, disease duration)
  - Assessments:
    - Psoriasis area and severity index (PASI; range 0-72; higher scores represent high severity)
    - Health assessment questionnaire (HAQ; four different responses: without any difficulty, with any difficulty, with some difficulty, with much difficulties and unable to do)
    - Number of swollen and tender joints
    - EuroQol 5D (EQ-5D; range 1-3; higher scores represent worst HRQL)
    - Short Form 36 (SF-36; range 0-100; higher scores represent best HRQL)

## Results

- **Patients included in the study:** 287
- **PASI:** Mean score was low with a mean value 3.73
- **Number of swollen joints:** Mean value 2.62
- **Number of tender joints:** Mean value 4.97

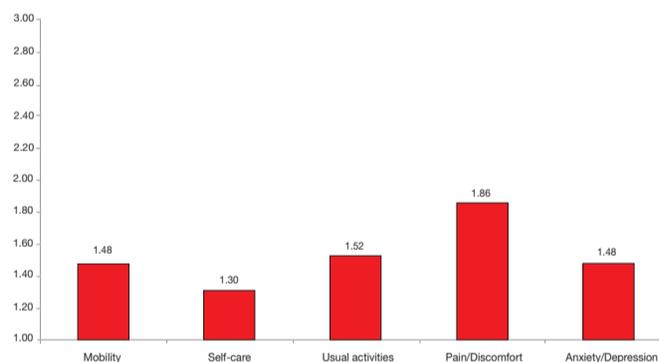
- **EQ-5D:**
  - The "pain" domain demonstrated the worst score (mean = 1.86)
  - 48.1% of patients reported that they have some difficulties or they felt unable to do daily activities
  - Visual Analogue Scale (VAS) showed a mean score of 60.41

Table 1. Demographical and clinical data

	Value
Age, years*	52.40 (12.53)
Disease duration, years*	10.85 (9.62)
Sex**	
Males	55.7
Females	44.3
Number of swollen joints*	2.62 (4.05)
Number of tender joints*	4.97 (6.85)
PASI*	3.73 (5.83)
Days per month without working*	1.06 (4.70)
Hours per week without working*	0.76 (3.26)
Incomes reduction, € per month*	7.56 (52.84)
Need help from relatives of friends**	21.3

\*Mean (SD) \*\*Percentage

Figure 2. Mean values EQ-5D



- **SF-36:**
  - Mean value for the physical component summary (PCS): 37.88
  - Mean value for the mental component summary (MCS): 46.90

Figure 1. HAQ percentages

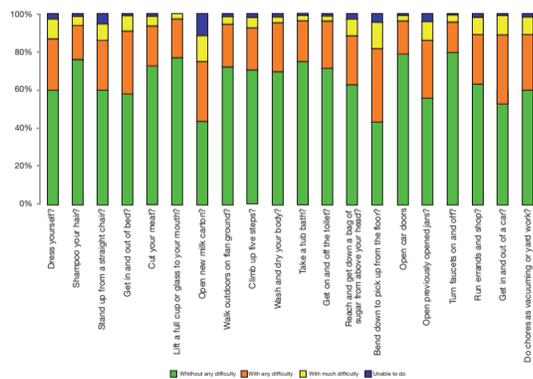
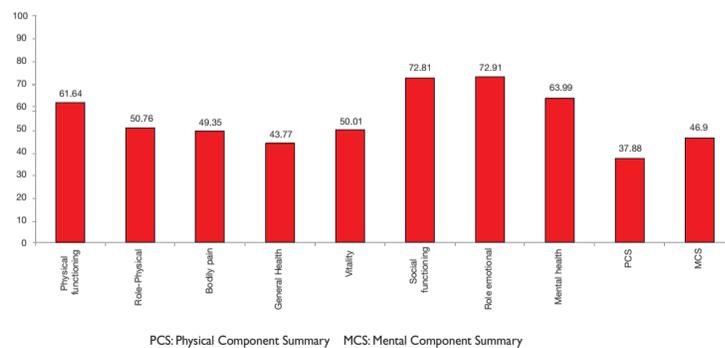


Figure 3. Mean values SF-36



## Conclusions

- Patients with psoriatic arthritis have a great impairment in their quality of life
- Due to the physical difficulties associated with the disease, patients with psoriatic arthritis have a loss of productivity and a reduction of their incomes
- The bodily pain join to physical disturbances are likely the most important factors that interfere patients life

## References

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