

Characterization of Patients with Co-morbid Dermatological and Mental Health Conditions



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Background

Inflammatory diseases atopic dermatitis (AD), psoriasis (PsO), and psoriatic arthritis (PsA) cause severe psychological strain due to fear of social rejection and self-stigmatization. Individuals with psoriasis are significantly affected in their health state utility, perception of general health, and social functioning when compared with individuals without chronic disease and those with certain primary medical conditions.¹

Methods

The OM1 platform collects and links structured and unstructured dermatologic data from DataDerm, the clinical data registry of the AAD, and other data sources including those for mental health. This analysis focused on patients with AD, PsO, or PsA and concomitant depression/anxiety observed between January 2013 through January 2021. Patients were described with respect to demographics, comorbid mental health conditions, and encounters with mental health specialists. Therapeutic class was used as a proxy for disease severity.

Main Findings

Depression and anxiety are common to patients with inflammatory conditions like AD, PsO and PsA. Additional research is necessary to understand whether treatment of the underlying inflammatory disease leads to improved mental health.

Objective

To examine the prevalence of depression and anxiety among patients with (1) AD, (2) PsO, and (3) PsA segmented by treatment class.

Results

This analysis included 167,623 AD patients, 101,721 PsO patients and 54,271 PsA patients. As shown in Table 1, comorbid depression and anxiety was prevalent among AD patients (10.7%, 12.0%), PsO patients (13.5%, 14.1%), and PsA patients (18.6% depression, 18.0% anxiety). Of note, more individuals with PsO or AD on a systemic medication, compared to those on a topical medication, had a diagnosis of depression or anxiety (Figure 1).

Figure 1. Prevalence of Depression or Anxiety among Patients taking Topical or Systemic Medications

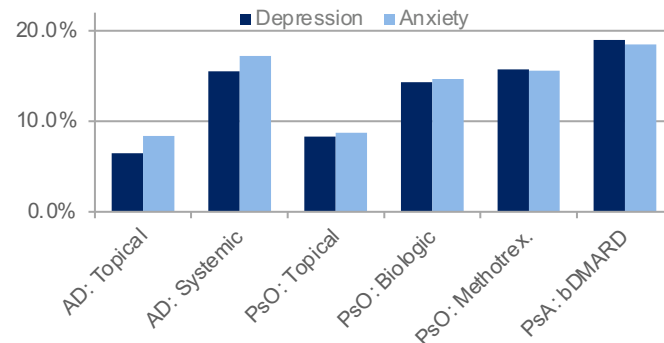


Table 1. Characteristics of Patients with AD, PsO, or PsA

Characteristic		AD (N=167,623)	PsO (N=101,721)	PsA (N=54,271)
Age	Mean (SD)	37.9 (25.6)	48.9 (17.1)	51.9 (13.8)
Race	White	64.1%	76.4%	74.8%
Mental Health Conditions	Depression	10.7%	13.5%	18.6%
	Anxiety	12.0%	14.1%	18.0%