

## A single-center, open-label study to assess change in psychosocial and occupational dimensions with treatment for moderate-to-severe psoriasis

**Rishu Gupta**

University of California, USA

**Background:** Psoriasis is a chronic inflammatory skin disease that affects nearly 3% of the US population. Psoriasis has a direct negative impact on a patient's psychological, social, and occupational well-being that can result in depression, anxiety, and a significant decrease in quality of life (QoL). The study aims to prospectively assess the quality of life impact of a therapeutic intervention for patients with moderate to severe plaque psoriasis utilizing validated quality of life psychometric instruments.

**Methods:** Patients with moderate to severe plaque psoriasis received 36 weeks of Ustekinumab. Patients were followed every 4 weeks for assessment with quality of life instruments: Psychological General Well Being (PGWB), Work Productivity and Activity Impairment (WPAI), Psoriasis Quality of Life-12 Items (PQOL-12), and Dermatology Life Quality Index (DLQI). Primary endpoints included changes in PQWB score at week 36 from baseline.

**Results:** Patients experienced significant improvement in quality of life measured by changes from baseline in PGWB and other psychometric instruments.

**Conclusion:** Patients with untreated moderate to severe psoriasis experience as much impairment in psychological well being as patients with other medical diseases including breast cancer, heart disease, diabetes, and cancer. Introducing a therapeutic intervention can greatly improve the psychological state and quality of life of psoriasis patients to where it is comparable to those with asymptomatic hypertension.

### Biography

Rishu Gupta is a medical student from the University of Southern California in Los Angeles, California who is taking a clinical research year to investigate dermatological diseases such as psoriasis and eczema. Dr. John Koo is the Vice Chairman of Dermatology at UCSF and is the Director of the Psoriasis Treatment center. Dr. Koo is board certified in both dermatology and psychiatry and specializes in quality of life as it relates to dermatological disorders.

rishugup@usc.edu