



ACNE, ROSACEA, AND RELATED DISORDERS (INCLUDING HIDRADENITIS SUPPURATIVA)

## PATIENT EXPERIENCE OF ADAPALENE-BENZOYL PEROXIDE GEL (0.3%/2.5%) FROM QUALITATIVE INTERVIEWS IN CANADA AND FRANCE

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**Background:** Acne is a chronic inflammatory disease of the skin, which affects 85% of 12-24 years and 8% of 25-34 years. Clinical presentation of acne can affect self-esteem, emotional and psychological issues including anxiety and depression affecting quality of life. Adapalene-Benzoyl Peroxide gel (ADA 0.3%/BP 2.5%) is a topical gel for the treatment of moderate-to-severe acne, known to improve acne and risk of formation of acne scars. However, patient experience of using ADA 0.3%/BP 2.5% was lacking.

**Objectives:** This study aimed to understand patient burden with acne and their experience of using ADA 0.3%/BP 2.5%, the perception of treatment results and its impact on patient self-esteem.

**Materials and Methods:** Semi-structured interviews were conducted. Patients were eligible if they were 15 years or older and received the treatment ADA 0.3%/BP 2.5% gel for moderate to severe acne in the last 12 months for at least six months. The study was approved by ethics committees for Canada and France.

**Results:** A total of eight patients (France: 5; Canada: 3) aged 18 to 23 were interviewed. Participants reported high emotional and psychological impact of acne, prior to treatment initiation. Patients reported being satisfied with the efficacy of ADA 0.3%/BP 2.5%, both in terms of reduction in acne lesions and atrophic scars. Patients described improved self-confidence following treatment with ADA 0.3%/BP 2.5%. Main reported known side effects as with retinoids were dryness and occasionally slight burning sensation of mild intensity following application.

**Conclusion:** Acne severely impacts patients. Although this study had few patients, this is the first qualitative study providing patient experience of using ADA 0.3%/BP 2.5%, and thus





can provide valuable patient input of the product. Findings of this study can help inform the value of the product to patients in the real world and can provide direct patient description of their experience.

