



PRURITUS

## PATIENTS WITH CHRONIC PRURITUS EXPERIENCE ITCH-RELATED BURDEN THROUGHOUT EUROPE

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Introduction: Chronic pruritus (CP) is highly prevalent. Cross-European analyses of clinical characteristics (e.g. pruritus duration, intensity, scratching behavior) and quality of life (QoL) impairment are missing.

Objective: This study aims to analyze the itch-related burden of CP patients across Europe.

Materials and Methods: Data of 552 adult CP Patients with 6 inflammatory pruritic dermatoses (atopic dermatitis, contact dermatitis, prurigo nodularis, psoriasis vulgaris, lichen planus, mycosis fungoides) were prospectively collected in nine European centers (Austria, France, Germany, Italy, Poland, Russia, Spain, Switzerland, Turkey). Data analyses were performed with descriptive analyses and uni- and multivariate variance analyses.

Results: The mean pruritus duration was 3.8 years. Mean pruritus intensity was moderate-to-severe (mean visual analogue scale (VAS) range 0 - 10 = 5.3; mean numerical rating scale (NRS) range 0 - 10 = 5.7). Quality of life was moderately-to-severely impaired (mean





dermatology life quality index DLQI from 0 - 30 = 10.3; mean ItchyQoL from 22 - 110 = 65.3). Significant differences between the European countries with regard to pruritus intensity and QoL ( $p < 0.05$ ) were found. 42 % of the patients indicated to be “often” or “always” affected in QoL because of itching. More than 70 % of patients scratch only when it itches with half of the collective indicating that scratching relieves the itching. In the cross-European analysis the country center presented a stronger impact on the evaluation of pruritus intensity and quality of life than the diagnosis did ( $p < 0.001$ ).

Conclusions: CP patients of different European itch expert centers are highly burdened reflected by QoL impairment, pruritus intensity and scratching behavior. This reflects the high need of expert centers and novel therapies. This study did not assess the therapy effects after the consultation what should be investigated in a future trial.

