



PSORIASIS

PROSPECTIVE CONTROLLED PILOT STUDY ANALYSING THE VALUE OF AN EDUCATIONAL PROGRAM AND A PSORIASIS APP FOR PSORIASIS PATIENTS.

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BACKGROUND Patients with psoriasis vulgaris suffer significantly more often from mental illness such as depression and anxiety due to the stigmatizing aspect of this skin disease. Chronic pruritus and pain affect the mental state of these patients even further. One of the most important factors to improve disease outcome and thereby the quality of life of these patients is a high adherence to treatment. New strategies to enhance patient adherence are educational programs as well as eHealth devices such as apps for smartphones as numerous studies show that well-informed patients are better at handling their disease.

In order to provide scientific evidence for the effects a combined educational program/eHealth device has for the quality of life and outcome of psoriasis patients, we have designed a prospective single-centre, phase-4 clinical randomized controlled trial (RCT), in which fifty of one-hundred patients receive first a two-hour teaching session about general aspects of their disease followed by a one-year supervision period in which patients are supported by a psoriasis app and four follow-up visits.

Inclusion criteria are a physician-confirmed diagnosis of a moderate-to-severe psoriasis vulgaris with or without psoriasis arthritis, an age between 18 and 75 years, the ability to provide informed consent and the possession and regular use of a smartphone.

Concluding, this trial tests the impact of an educational program, regular doctor-patient-contacts and the newly developed app for the treatment satisfaction and adherence and the quality of life and disease outcome of psoriasis patients. If the app reduces the burden of the psoriatic disease in a clinically significant way, the app could easily be implemented as a standard routine of care in the clinic.

