

# Patient and Healthcare Provider Perspectives on the Disease Burden of Seborrheic Dermatitis in the United States: Results From a National Survey

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## INTRODUCTION

- Seborrheic dermatitis (SD) is a common chronic inflammatory skin disease with a worldwide prevalence of up to 5%<sup>1</sup>
- While SD is common, the physical and emotional burdens of SD have not been well characterized
- The authors developed an online survey, conducted by the Harris Poll, to gain deeper insight into experiences and attitudes towards the disease among patients with SD and dermatology healthcare providers (HCPs)
- This poster reports patient and HCP perspectives on the physical and emotional burden of SD

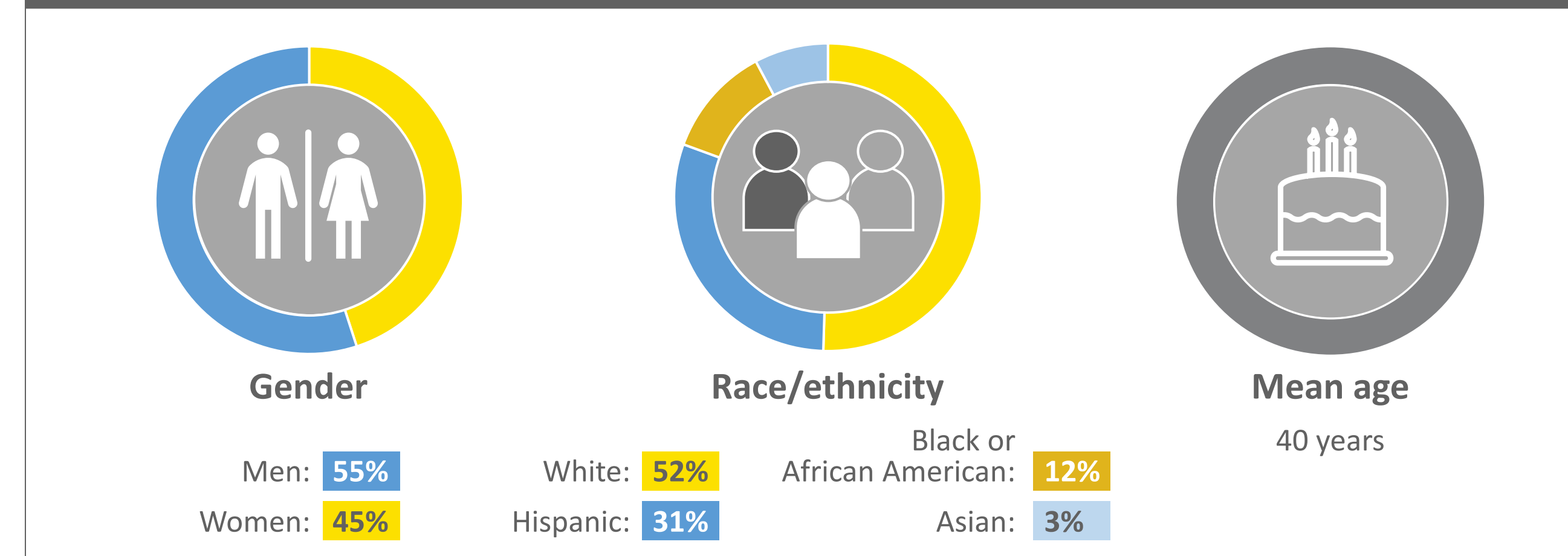
## METHODS

- The patient survey was conducted online from December 2021 through January 2022 among US adults diagnosed with SD by an HCP
  - Results for age, gender, education, race/ethnicity, region, income, household size, and marital status were weighted, when necessary, to align the data with actual proportions in the population
  - A propensity score variable was also included to adjust for respondents' propensity to be online
- The HCP survey was conducted online from December 2021 through January 2022 among HCPs specializing in dermatology (including dermatologists, nurse practitioners [NPs], and physician assistants [PAs]) who see ≥1 patient per week and ≥1 patient with SD per year
  - For dermatologists, results for years in practice, gender, and region were weighted, when necessary, to align the data with actual proportions in the population
  - For NPs/PAs, raw data were not weighted and are therefore only representative of the individuals who completed the survey

## RESULTS

- The average age of patients in the survey was 40 years and 55% were male (Figure 1)

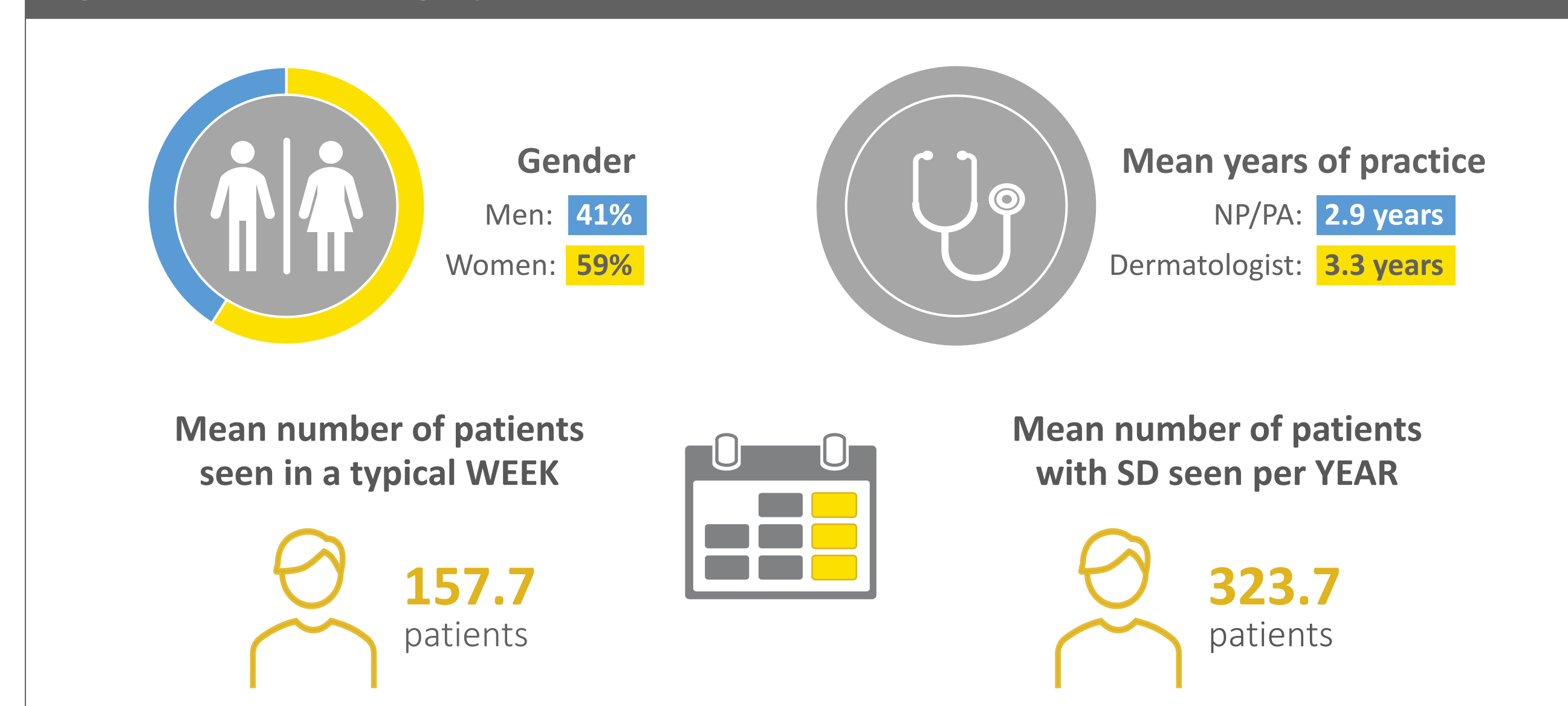
Figure 1. Patient Demographics



N=300. Percentages may not add up to 100% due to rounding and acceptance of multiple responses.

- 67% of the HCPs were physicians, 24% were PAs, and 10% were NPs (Figure 2)
  - The mean number of years in practice was 3.1 and the mean number of patients seen per week, for all skin conditions, was 158

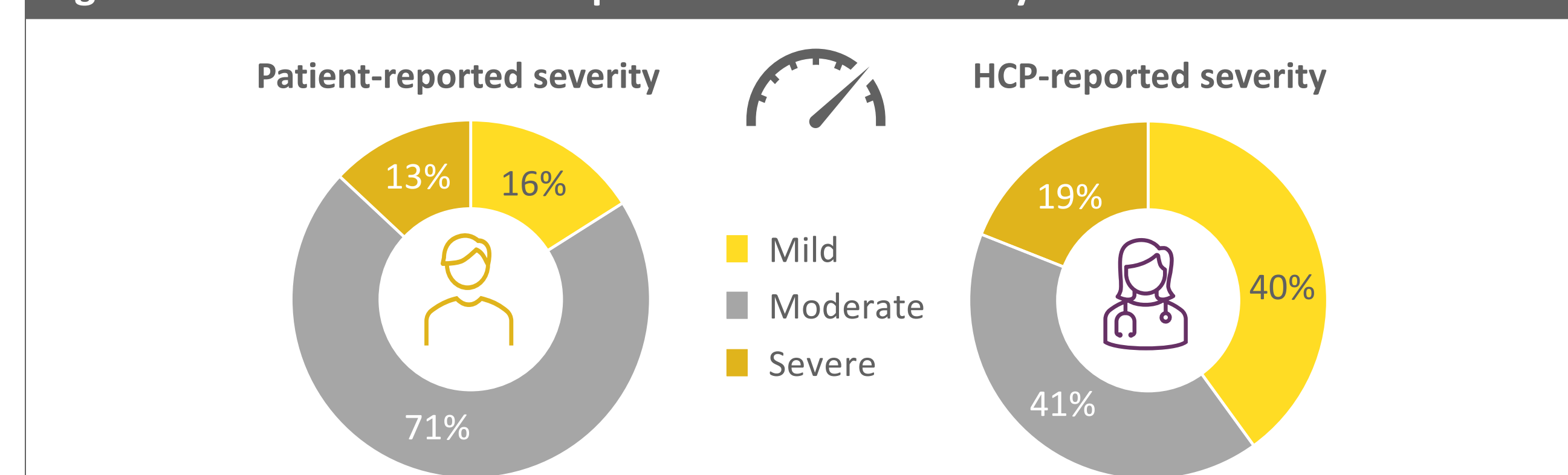
Figure 2. HCP Demographics



HCP: N=601 included dermatologists and NPs and PAs specializing in dermatology. HCP: healthcare provider; NP/PA: nurse practitioner/physician assistant; SD: seborrheic dermatitis.

- The majority of patients (71%) reported their symptoms as being moderate in severity
  - HCPs may be underestimating the percentage of patients experiencing moderate symptoms
- Patients reported living with SD for an average of 3.6 years, with 20% waiting ≥6 years before seeking SD treatment (Figure 3)

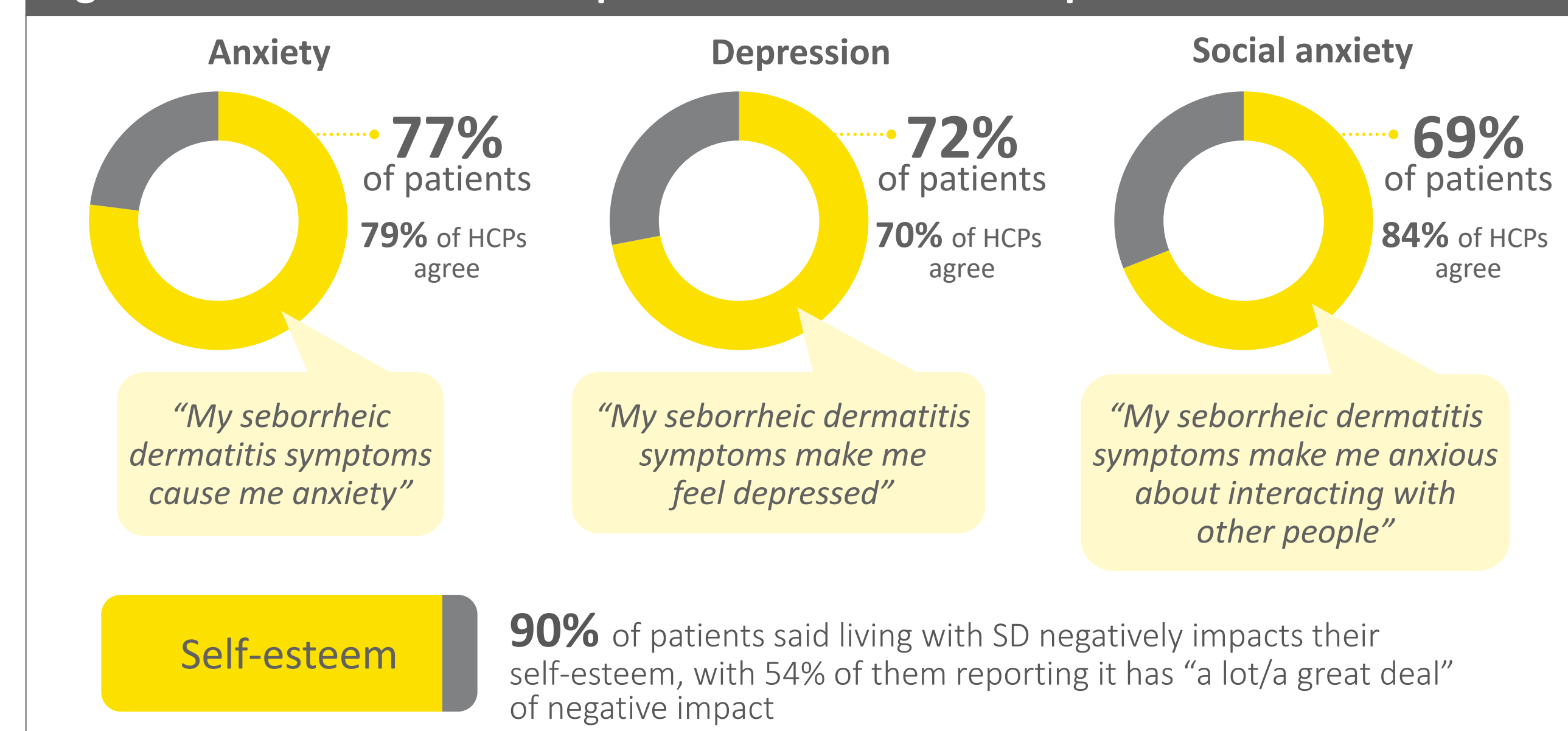
Figure 3. Patient- and HCP-Reported Disease Severity



Patients: N=300; HCPs: N=601. HCP: healthcare provider.

- Almost half of patients reported that SD negatively impacts their emotional (49%) and physical (42%) well-being "a lot/a great deal"
  - However, among the 85% of HCPs who assessed quality of life (n=511), only 32% said living with SD has "a lot/a great deal" of negative impact on patients' lives
- Patients with SD reported significant mental health impacts (Figure 4)
  - 77% reported anxiety, 72% reported depression, and 69% reported anxiety about interacting with other people
  - HCPs agreed that SD symptoms make patients feel anxiety (79%), depression (70%), and anxiety about interacting with other people (84%)

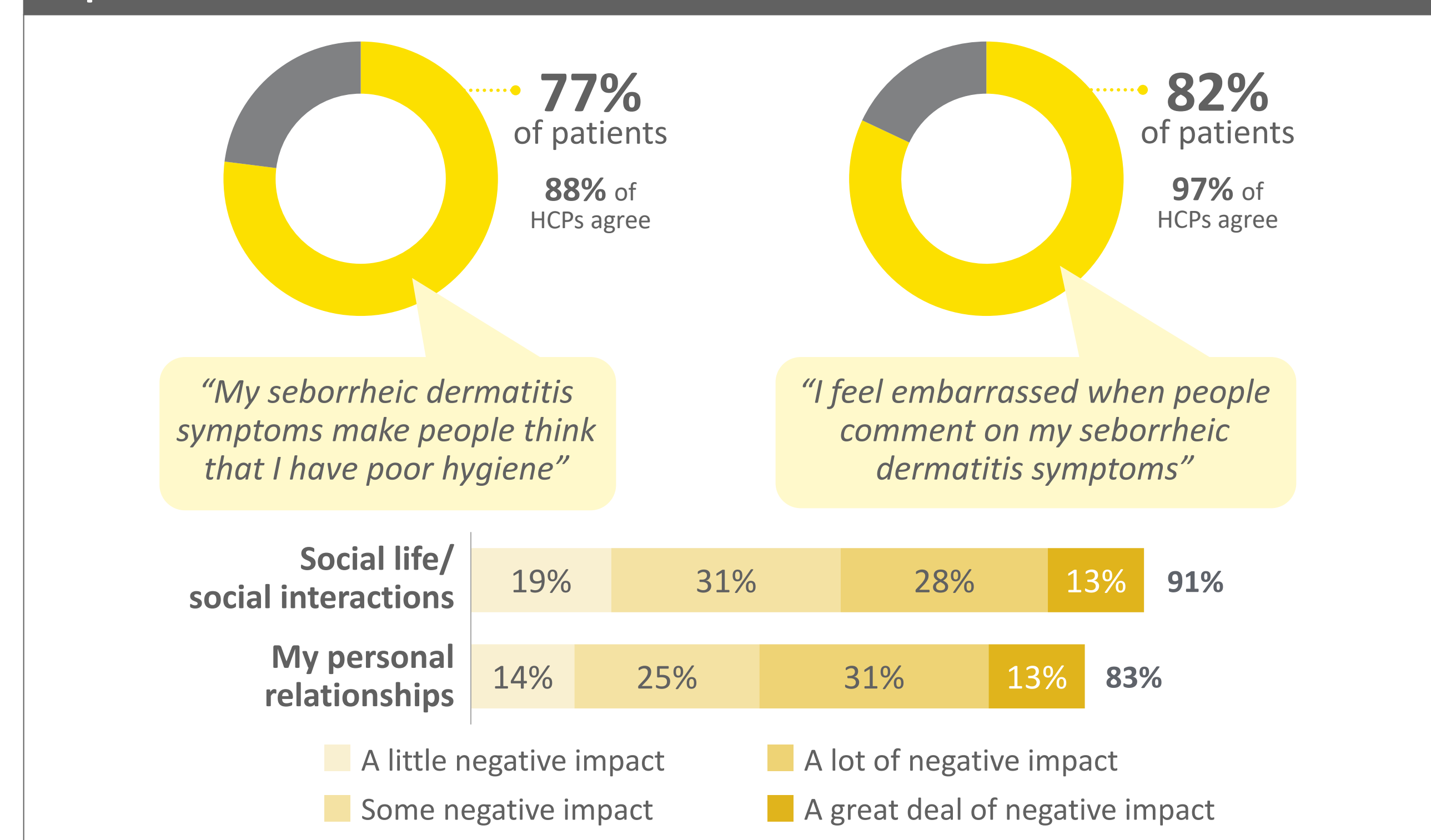
Figure 4. Patient- and HCP-Reported Mental Health Impact of SD



HCP: healthcare provider; SD: seborrheic dermatitis.

- SD has a significant negative impact on patients' social life/interactions (91%) and personal relationships (83%) (Figure 5)
  - >70% of patients said SD can be isolating and other people around them did not understand the negative impact their SD symptoms have on their daily life
  - 86% of HCPs agreed that others did not understand the negative impact of SD on patients' lives
- 82% of patients agreed that they feel embarrassed when people comment on their SD symptoms (Figure 5)
- 77% of patients agreed with the statement "My seborrheic dermatitis symptoms make people think that I have poor hygiene" (Figure 5)
  - HCPs agreed that patients feel embarrassed when someone comments on their SD symptoms (97%) and that patients' SD symptoms make other people think they have poor hygiene (88%)

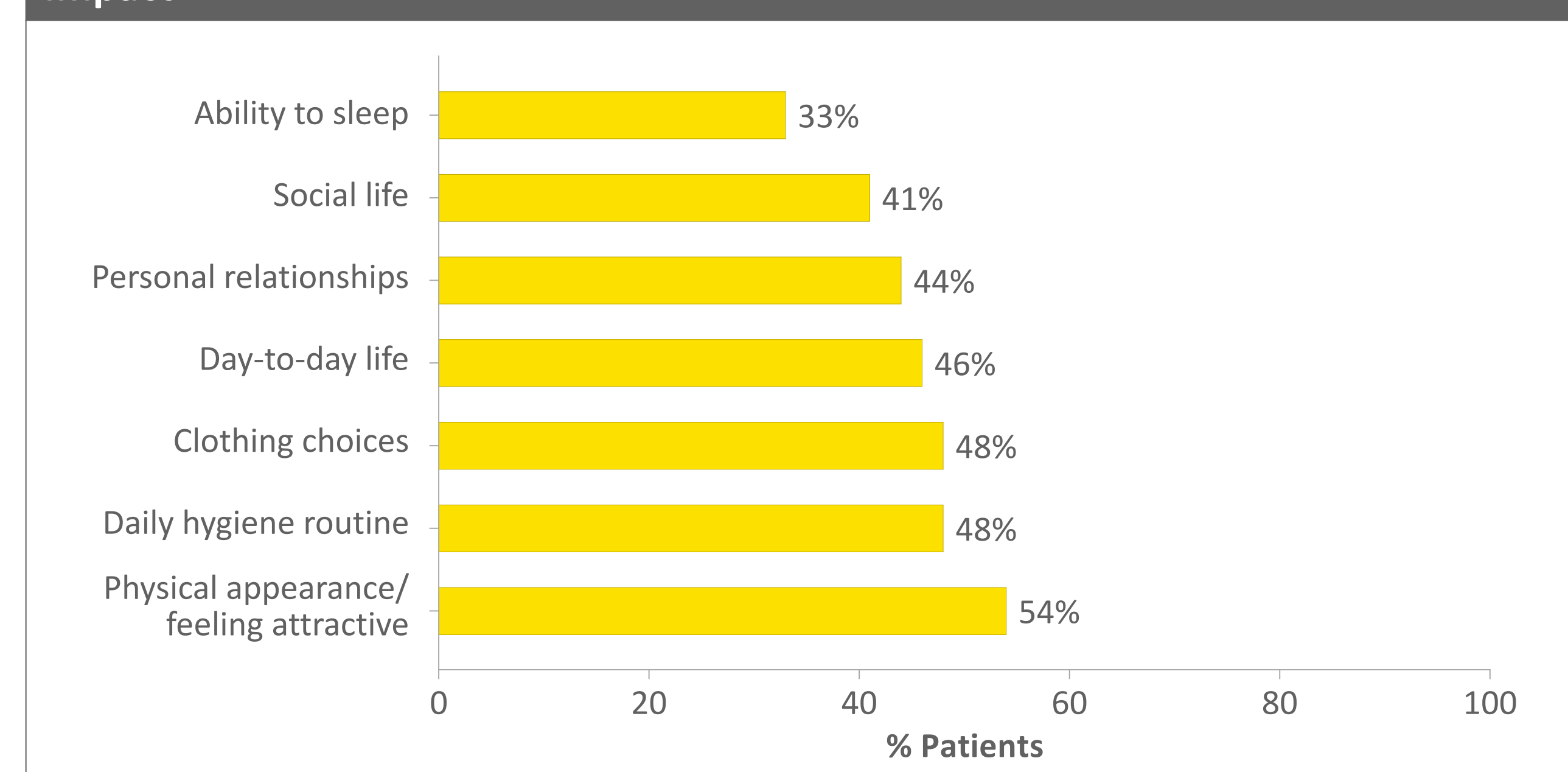
Figure 5. Patient- and HCP-Reported Social Life and Personal Relationships Impact of SD



HCP: healthcare provider; SD: seborrheic dermatitis.

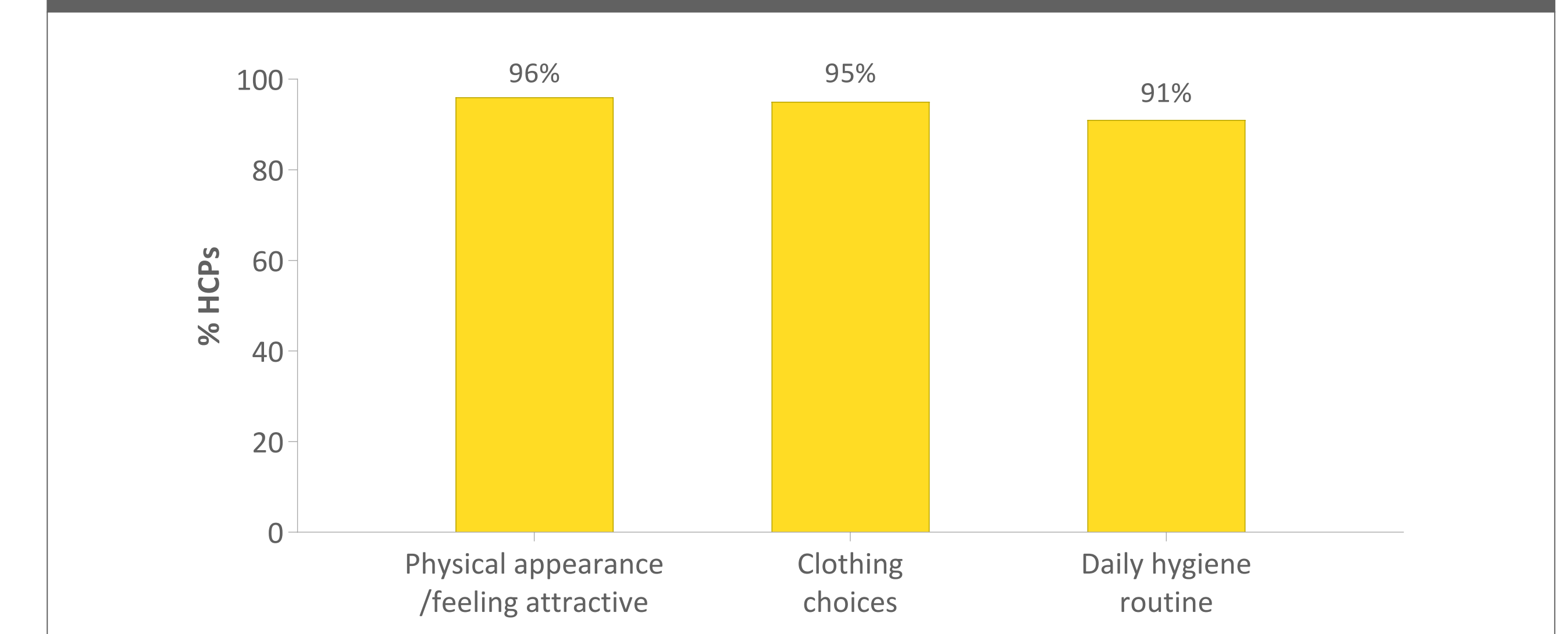
- Patients reported that SD has "a lot/a great deal" of negative impact on several aspects of their day-to-day life (Figure 6)

Figure 6. Percent of Patients Who Reported "A Lot/A Great Deal" of Negative Impact



- Almost all HCPs agreed that SD has "a lot/a great deal" of negative impact on their patients' day-to-day life (Figure 7)

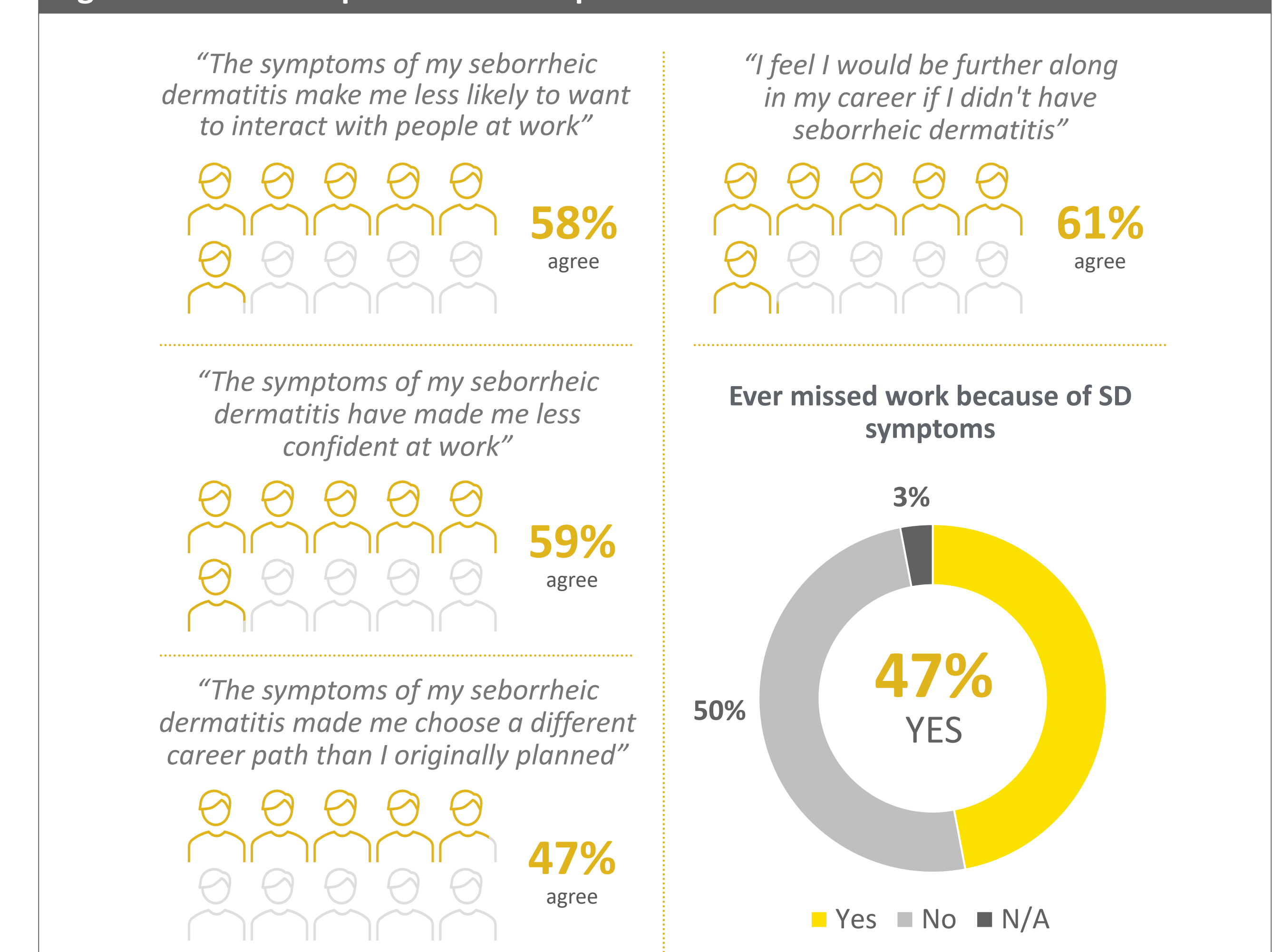
Figure 7. Percent of HCPs Who Reported "A Lot/A Great Deal" of Negative Impact on Their Patients



HCP: healthcare provider.

- 73% of patients stated living with SD negatively impacts their ability to do their job, specifically agreeing that (Figure 8):
  - They would be further along in their career if they didn't have SD (61%)
  - SD symptoms made them less confident at work (59%)
  - SD symptoms made them less likely to want to interact with people at work (58%)
  - SD made them choose a different career path than they originally planned (47%)
- 47% of patients reported ever missing work due to SD symptoms

Figure 8. Patient-Reported Work Impact of SD



N/A: not applicable; SD: seborrheic dermatitis.

## CONCLUSIONS

- While most patients described their SD as moderate to severe and having a significant impact on their quality of life, HCPs underestimated the patient-reported severity and level of impact on patients' quality of life
  - Patients' social life and personal relationships suffer due to SD and most patients said others do not understand the negative impact of SD on their life
- Patients reported SD causes a considerable impact on their day-to-day life, including physical appearance, hygiene routine, clothing choices, and sleep
- Most patients said SD negatively impacts their self-esteem and multiple aspects of their mental health, causing anxiety and depression
- The majority of patients reported SD impairs their ability to do their job, with almost half of patients having ever missed work due to SD symptoms
- These insights highlight the immense patient burden associated with SD, impacting patients' emotional, social, and work lives

## REFERENCE

1. Dessinioti C, Katsambas A. *Clin Dermatol* 2013;31:343-351.

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## DISCLOSURES

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