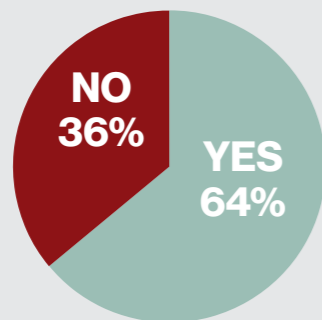
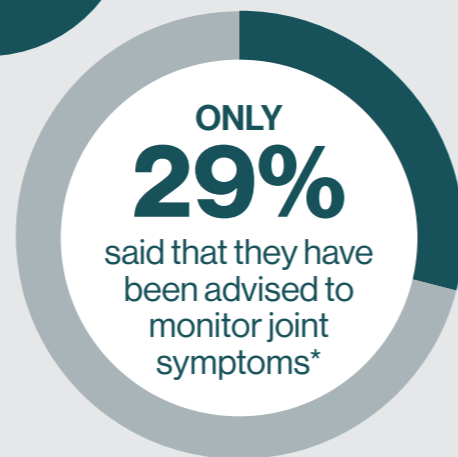


Clear skin

The majority of patients believe that 'clear' or 'almost clear' skin is achievable



Joints



*29% of PsO only patients (n=97). Patients with PsA at baseline excluded.

PSORIASIS AND BEYOND

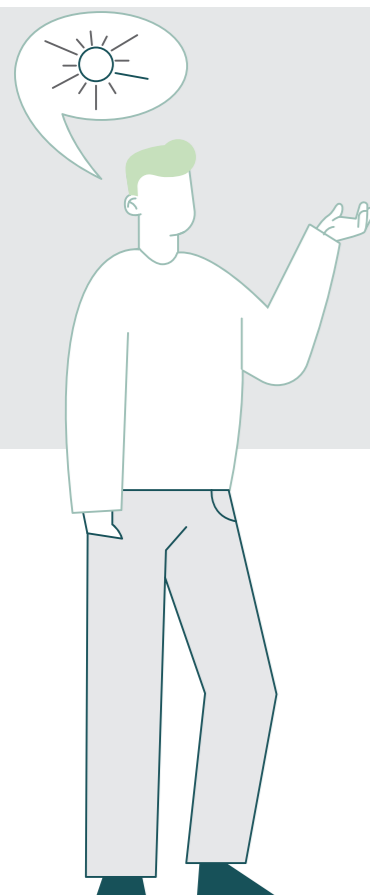
THE GLOBAL PSORIATIC DISEASE SURVEY



NOVARTIS

IRISH SKIN FOUNDATION

Primary Study Objective: To assess patients' understanding of psoriasis (PsO) and psoriatic arthritis (PsA) as part of a systemic disease and to assess the physical burden of living with the condition.



On average, patients with psoriatic disease use 2.8 coping mechanisms

Examples of the most common coping mechanisms include:

- using food as comfort
- meditation/mindfulness
- social media
- talking to friends and family
- exercise/sport
- smoking/alcohol

Methodology†: Key details

1. When?	2. How?	3. Who?
23 March – 25 May 2021	30-minutes online survey including screening	Adults with psoriasis with or without psoriatic arthritis

†For details on screening criteria visit: <https://ifpa-psy.com/projects/psoriasis-and-beyond>

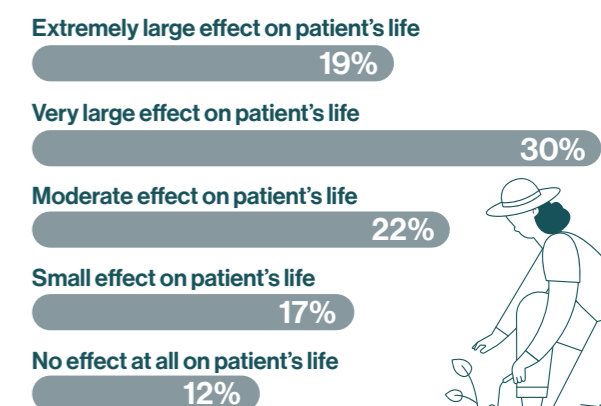
Sample 144 online interviews with plaque psoriasis patients with or without psoriatic arthritis*

*Out of global sample of 4978.



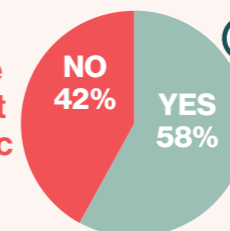
7/10 patients reported that their disease has a moderate to extremely large effect on their lives

Impact of skin problems on Quality of Life using Dermatology Life Quality Index (DLQI)

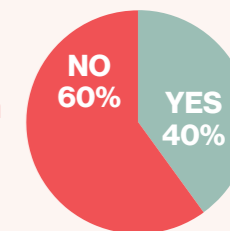


Awareness of psoriatic disease

Patients are aware that it is a systemic disease



Patients have heard the term 'psoriatic disease'



Glossary

Comorbidities: Illnesses that occur alongside a main diagnosis.
Psoriatic arthritis (PsA): [saw-ree-at-ik ahr-thry-tis]: a form of joint inflammation that occurs with or without psoriasis in those affected.
Systemic: Illnesses that affect the whole body or multiple organ systems.
DLQI: The Dermatology Life Quality Index (DLQI) is a psoriasis 10-item questionnaire assessing the effect of psoriasis on daily activities and level of disability. The higher the score, the more quality of life is impaired.

PEST: The validated Psoriasis Epidemiology Screening Tool (PEST) is a five-item questionnaire developed to help identify PsA at an early stage.¹
Psoriasis (PsO): A chronic inflammatory skin condition which results in scaly, often itchy areas in patches red, scaly and hard plaques of skin.
Psoriatic Disease: Psoriatic disease is an autoimmune disease that includes two specific inflammatory conditions. These two conditions, psoriasis and psoriatic arthritis (PsA), are a result of an overactive immune system.

Psoriasis and Beyond is a joint research initiative between IFPA, 16 national psoriasis organizations and Novartis Pharma AG. The study is overseen by a Steering Committee of patient advocates, dermatologists and rheumatologists.

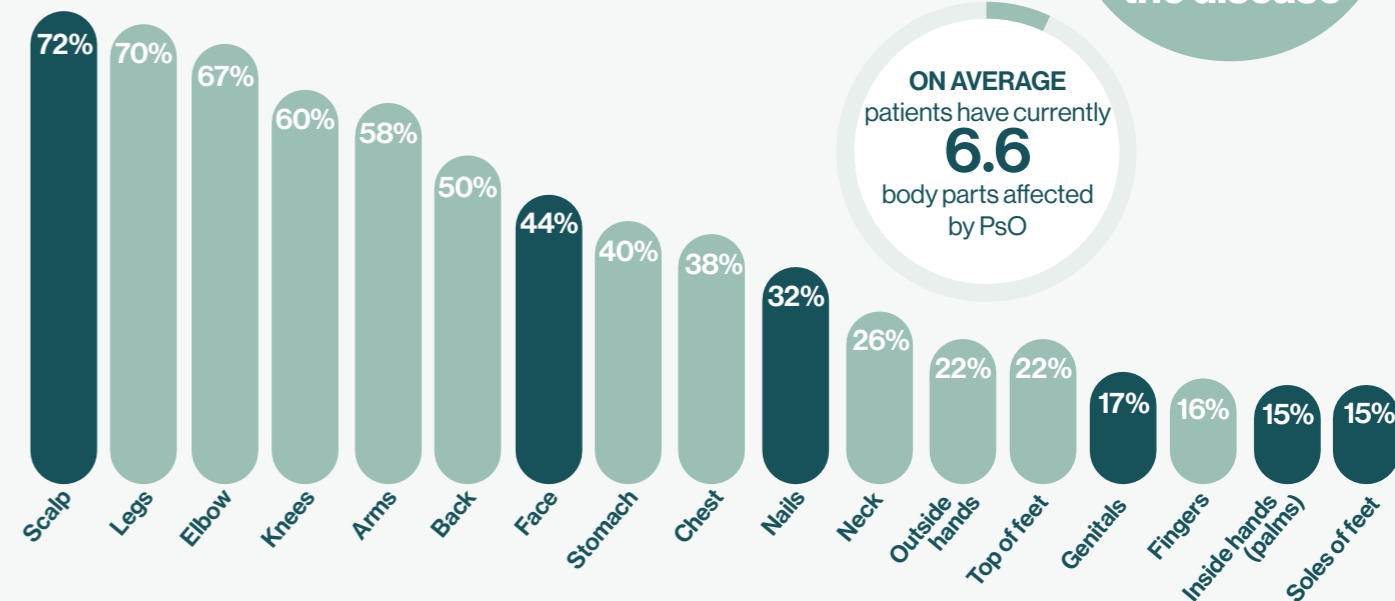
Novartis Pharma AG sponsored both this study and the writing of the Summary of Research Findings available at IFPA | Psoriasis and Beyond: The global psoriatic disease study (ifpa-psy.com).

Reference: 1. Mease, P. et al. (2019). Journal of the European Academy of Dermatology and Venereology.

Current body parts affected by PsO

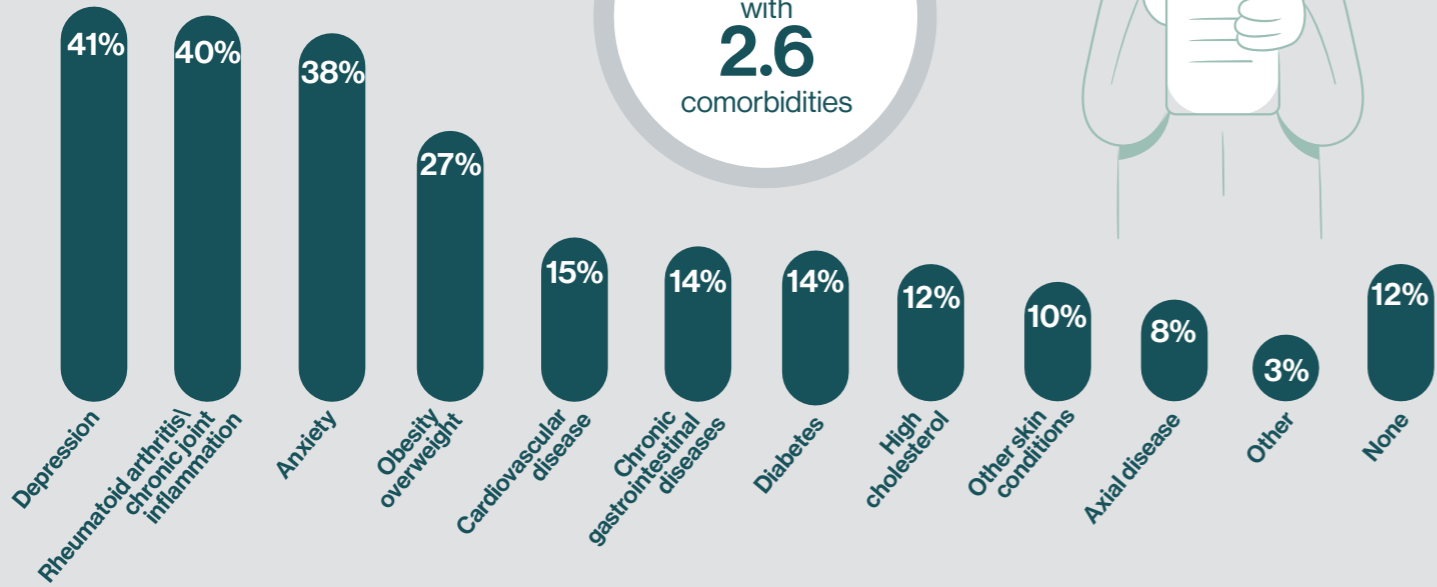
Hard to treat areas

Physical impact of the disease



ON AVERAGE patients have currently **6.6** body parts affected by PsO

Awareness of comorbidities



ON AVERAGE patients are diagnosed with **2.6** comorbidities

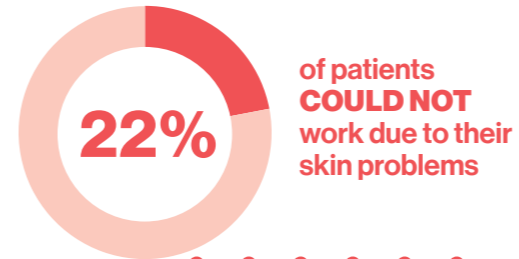


Impact of the disease on work experiences

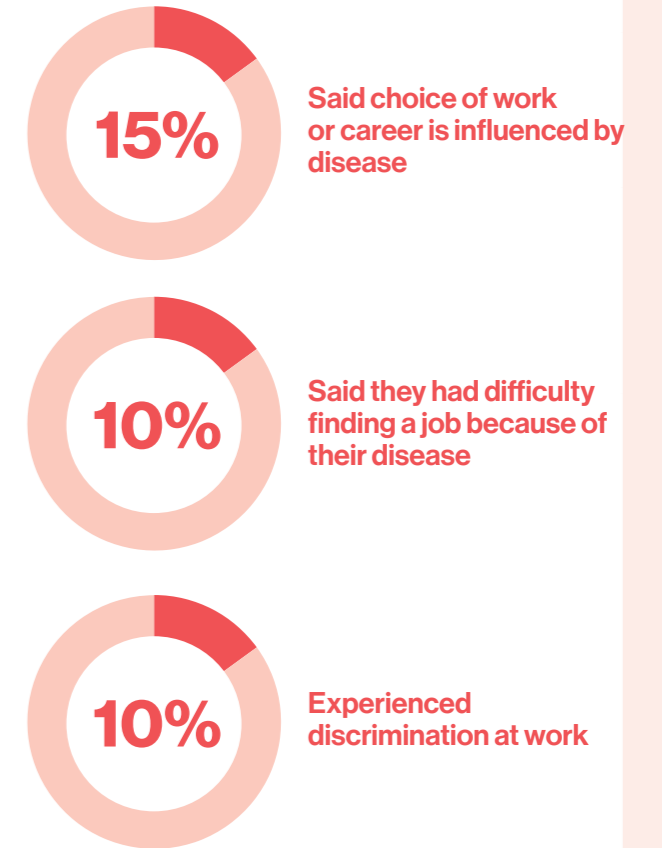


Absenteeism from work due to skin problems

During the last week



Impact on career

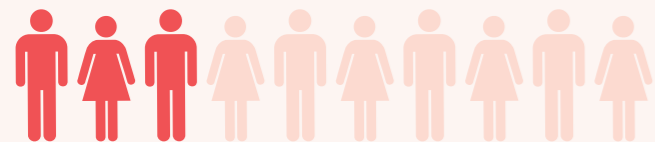
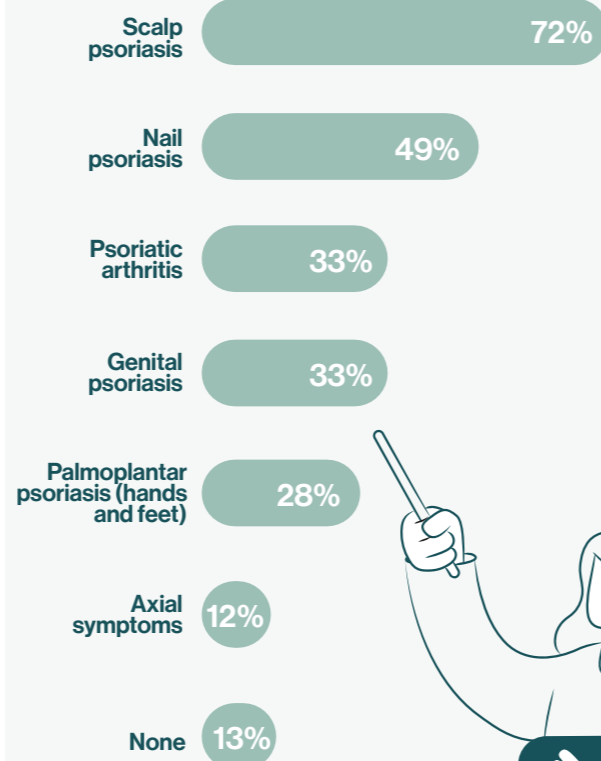


Time of first symptoms and diagnosis

	Plaque psoriasis	Psoriatic arthritis
Age at onset of first symptoms (mean)	23	34.4
Age at diagnosis (mean)	25.2	36.1
	ON AVERAGE PsO patients are diagnosed 2.1 years after the onset of symptoms	ON AVERAGE PsA patients are diagnosed 1.6 years after the onset of symptoms

Awareness of psoriatic disease presentations

ON AVERAGE patients are aware of **2.6** presentations related to PsO or PsA



30% of patients

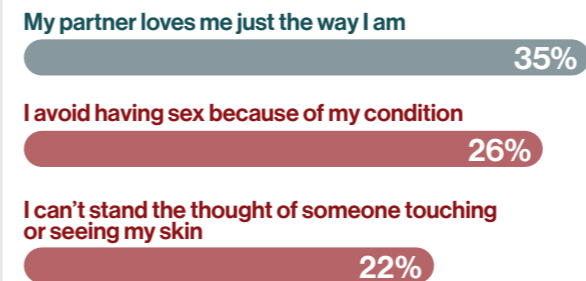
who had not previously been diagnosed with PsA screened positive for PsA*

* based on PEST result from PsO only patients (n=97)¹

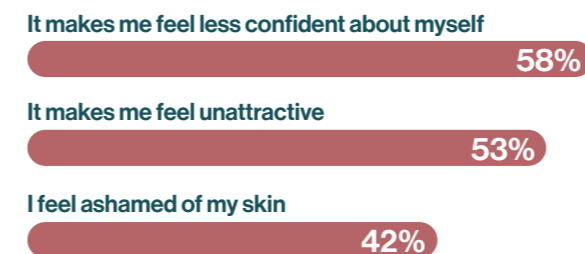
Positive statements

Negative statements

Impact of the disease on relationships



Impact of the disease on emotions



Quality of Life



Stigma and discrimination

