

Determinants of Quality of Life in Psoriatic Arthritis – Results from the Portuguese Rheumatic Diseases Registry (Reuma.pt)

RESEARCH TEAM

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Background

Psoriatic Arthritis (PsA), is a chronic disease with significant impact on health-Related Quality of life (HRQoL) but other clinical consequences like fatigue, sleep disturbances, anxiety/depression, loss of physical function and comorbidities have also been associated with reduced HRQoL.

Aims

We propose to evaluate, in PsA patients: 1) Determinants of HRQoL in PsA patients. 2) The impact of biological and target synthetic therapies in HRQoL, function, fatigue, and psychological profile (anxiety/depression) in PsA, in a real-world Portuguese cohort.

Methodology

The present study will be performed using data from patients with the diagnosis of PsA registered in the Rheumatic Diseases Portuguese Register (Reuma.pt) with at least 3 years of follow-up and at least two quality-of-life evaluations by EuroQoL – 5 dimensions (EQ-5D).

Variables will be collected at baseline (first visit with EQ5D available in the database) and after 1 and 3 years of follow-up. Data will be collected regarding sociodemographic data, lifestyle characteristics, disease characteristics, extra-articular manifestations, comorbidities, disease activity, physical function, quality of life, fatigue, anxiety and depression and therapy.

Univariate and multivariate regression models will be performed to identify associations between HRQoL and sociodemographic data, lifestyle habits, disease-specific variables (enthesitis, dactylitis), comorbidities, disease activity, and therapy. To accomplish the second aim, we will analyze data on HRQoL (EQ-5D), function

(HAQ), fatigue (FACIT), and anxiety/depression (HADS), prospectively, in a 3-year period, and a subgroup analyze will be performed, in patients who started bDMARDs or tsDMARDs, regarding those outcomes. Comparisons between the groups will be done with chi-square test and Fisher's exact test for categorical variables and the independent t-test for continuous variables.

With this project, we expect to characterize the impact of PsA in HRQoL, in a Portuguese real-world cohort, and to identify factors associated with HRQoL in PsA patients. We also expect to determine the impact of disease, and subsequent therapy, in other PROs like function, fatigue, anxiety and depression.

PsA is a complex disease and further knowledge into real-world determinants for HRQoL may contribute to a better management of the disease.