

SUPPLEMENTARY MATERIAL

Patient disease characteristics and treatment patterns in mild-moderate psoriasis: results from real-world clinical practice in the United States (PROSPECT study)

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Supplementary Table 1 – Body areas affected at diagnosis and at time of survey.

At time of diagnosis			
Symptom, n, (%)	Patients diagnosed with mild PsO n=65	Patients diagnosed with moderate PsO n=300	p values
Scalp	19 (29.2)	117 (39.0)	0.158
Elbows	15 (23.1)	129 (43.0)	0.003
Chest	11 (16.9)	41 (13.7)	0.557
Legs	11 (16.9)	111 (37.0)	0.002
Knees	11 (16.9)	137 (45.7)	<0.001
Neck	8 (12.3)	34 (11.3)	0.831
Face	7 (10.8)	20 (6.7)	0.293
Abdomen	7 (10.8)	59 (19.7)	0.110
Soles of feet	6 (9.2)	62 (20.7)	0.035
Back	5 (7.7)	71 (23.7)	0.004
Buttocks	4 (6.2)	42 (14.0)	0.100
Groin or genitals	4 (6.2)	38 (12.7)	0.196
Arms	4 (6.2)	63 (21.0)	0.004
Palms of hands	4 (6.2)	64 (21.3)	0.003
Fingers	2 (3.1)	6 (2.0)	0.637
Toes	1 (1.5)	8 (2.7)	1.000
Other areas of feet	1 (1.5)	1 (0.3)	0.325
Back of hands	1 (1.5)	14 (4.7)	0.487
Nails	1 (1.5)	4 (1.3)	1.000
At time of survey			
Symptom, n, (%)	Patients diagnosed with mild PsO n=72	Patients diagnosed with moderate PsO n=317	p values
Scalp	23 (31.9)	85 (26.8)	0.385
Elbows	14 (19.4)	100 (31.6)	0.045
Chest	10 (13.9)	29 (9.2)	0.275
Legs	10 (13.9)	79 (24.9)	0.045
Knees	9 (12.5)	110 (34.7)	<0.001
Neck	9 (12.5)	20 (6.3)	0.082
Face	6 (8.3)	16 (5.1)	0.265
Abdomen	9 (12.5)	34 (10.7)	0.678
Soles of feet	5 (6.9)	40 (12.6)	0.222
Back	4 (5.6)	42 (13.3)	0.071
Buttocks	3 (4.2)	29 (9.2)	0.234
Groin or genitals	3 (4.2)	22 (6.9)	0.594
Arms	4 (5.6)	41 (12.9)	0.101
Palms of hands	3 (4.2)	42 (13.3)	0.039
Fingers	3 (4.2)	6 (1.9)	0.377
Toes	1 (1.4)	6 (1.9)	1.000
Other areas of feet	0 (0.0)	1 (0.3)	1.000
Back of hands	2 (2.8)	12 (3.8)	1.000
Nails	1 (1.4)	7 (2.2)	1.000
None of the above	5 (6.9)	42 (13.3)	0.164

PsO: psoriasis

Supplementary Table 2 – Symptoms recorded at diagnosis, initiation of current treatment and at time of survey.

At time of diagnosis			
Symptom, n, (%)	Patients diagnosed with mild PsO n=67	Patients diagnosed with moderate PsO n=303	p values
Scaling/flaking	43 (64.2)	190 (62.7)	0.889
Red inflamed skin	44 (65.7)	233 (76.9)	0.062
Itching	42 (62.7)	211 (69.6)	0.310
Cracked skin	11 (16.4)	120 (39.6)	<0.001
Redness/discoloration	2 (3.0)	66 (21.8)	<0.001
Burning	11 (16.4)	72 (23.8)	0.257
Tender/painful skin	6 (9.0)	92 (30.4)	<0.001
Bleeding	2 (3.0)	66 (21.8)	<0.001
Tightness	0 (0.0)	18 (5.9)	0.053
Stinging	3 (4.5)	11 (3.6)	0.725
Nail pitting or deformation	1 (1.5)	6 (2.0)	1.000
Onycholysis	1 (1.5)	2 (0.7)	0.452
Pain/ stiffness in joints	3 (4.5)	14 (4.6)	1.000
Swollen joints	1 (1.5)	7 (2.3)	1.000
Tender joints	1 (1.5)	9 (3.0)	0.697
Muscle weakness	0 (0.00)	1 (0.3)	1.000
Tiredness/fatigue	3 (4.5)	10 (3.3)	0.712
Dehydration	1 (1.5)	0 (0.0)	0.181
None of the above	1 (1.5)	5 (1.7)	1.000
At initiation of current treatment			
Symptom, n, (%)	Patients diagnosed with mild PsO n=70	Patients diagnosed with moderate PsO n=309	p values
Scaling/flaking	44 (62.9)	171 (55.3)	0.286
Red inflamed skin	42 (60.0)	204 (66.0)	0.336
Itching	41 (58.6)	186 (60.2)	0.893
Cracked skin	8 (11.4)	113 (36.6)	<0.001
Redness/discoloration	9 (12.9)	93 (30.1)	0.003
Burning	6 (8.6)	56 (18.1)	0.051
Tender/painful skin	3 (4.3)	77 (24.9)	<0.001
Bleeding	1 (1.4)	44 (14.2)	<0.001
Tightness	1 (1.4)	18 (5.8)	0.220
Stinging	3 (4.3)	11 (3.6)	0.729
Nail pitting or deformation	1 (1.4)	4 (1.3)	1.000
Onycholysis	1 (1.4)	2 (0.7)	0.459
Pain/ stiffness in joints	3 (4.3)	16 (5.2)	1.000
Swollen joints	1 (1.4)	8 (2.6)	1.000
Tender joints	2 (2.9)	9 (2.9)	1.000
Muscle weakness	0 (0.0)	1 (0.3)	1.000
Tiredness/fatigue	2 (2.9)	11 (3.6)	1.000
Abdominal pain	1 (1.4)	0 (0.0)	0.185

None of the above	4 (5.7)	7 (2.3)	0.126
At time of survey			
Symptom, n, (%)	Patients diagnosed with mild PsO n=72	Patients diagnosed with moderate PsO n=317	p values
Scaling/flaking	48 (66.7)	144 (45.6)	0.002
Red inflamed skin	33 (45.8)	168 (53.2)	0.296
Itching	40 (55.6)	137 (43.4)	0.067
Cracked skin	7 (9.7)	80 (25.3)	0.004
Redness/discoloration	11 (15.3)	69 (21.8)	0.260
Burning	9 (12.5)	32 (10.1)	0.529
Tender/painful skin	5 (6.9)	46 (14.6)	0.120
Bleeding	3 (4.2)	10 (3.2)	0.715
Tightness	1 (1.4)	14 (4.4)	0.323
Stinging	4 (5.6)	10 (3.2)	0.304
Nail pitting or deformation	2 (2.8)	5 (1.6)	0.618
Onycholysis	1 (1.4)	2 (0.6)	0.461
Pain/ stiffness in joints	3 (4.2)	12 (3.8)	0.747
Swollen joints	2 (2.8)	3 (1.0)	0.233
Tender joints	2 (2.8)	4 (1.3)	0.309
Muscle weakness	1 (1.4)	0 (0.0)	0.186
Tiredness/fatigue	3 (4.2)	9 (2.9)	0.472
Weight loss	2 (2.8)	0 (0.0)	0.034
Abdominal pain	1 (1.4)	0 (0.0)	0.186
None of the above	8 (11.1)	46 (14.6)	0.572

PsO: psoriasis

Supplementary Table 3 – Treatment received at time of survey.

At survey			
Treatment, n (%)	Patients diagnosed with mild PsO (n = 72)	Patients diagnosed with moderate PsO (n = 317)	p value
Topicals			
Steroid	47 (65.3)	167 (52.7)	0.066
Non-steroid	12 (16.7)	34 (10.7)	0.161
Conventional systemic therapies			
Methotrexate	0 (0.0)	19 (6.0)	0.031
Cyclosporine	0 (0.0)	25 (7.9)	0.007
Phototherapy (PUVA, UVB)	1 (1.4)	16 (5.1)	0.217
Apremilast	4 (5.6)	18 (5.7)	1.000
Biologics			
Etanercept	2 (2.8)	12 (3.8)	1.000
Adalimumab	2 (2.8)	26 (8.2)	0.132
Ustekinumab	1 (1.4)	8 (2.5)	1.000
Secukinumab	4 (5.6)	22 (6.9)	0.799
Ixekizumab	1 (1.4)	12 (3.8)	0.477
Guselkumab	2 (2.8)	13 (4.1)	1.000
Tildrakizumab	0 (0.0)	2 (0.6)	1.000
Risankizumab	2 (2.8)	25 (7.9)	0.195
Certolizumab pegol	0 (0.0)	2 (0.6)	1.000
Infliximab biosimilar	0 (0.0)	1 (0.3)	1.000
Other treatments ^a	5 (6.9)	13 (4.1)	0.347
No current treatment	8 (11.1)	22 (6.9)	0.227

^a Non-steroidal anti-inflammatory drugs, COX-2 inhibitors, opioid or non-opioid analgesics, oral steroids, locally injected steroids and other treatments

PUVA: psoralen ultraviolet A; UVB: ultraviolet B

Supplementary Table 4 – Diagnostic and clinical characteristics of patients prescribed or not prescribed biologics at diagnosis.

	Diagnosed as mild, prescribed biologic at diagnosis n=7	Diagnosed as mild, not prescribed biologic at diagnosis n=64	Diagnosed as moderate, prescribed biologic at diagnosis n=43	Diagnosed as moderate, not prescribed biologic at diagnosis n=265
Age at diagnosis	n=6	n=41	n=27	n=235
mean ± SD	33.4 ± 9.3	34.3 ± 12.6	41.6 ± 13.9	35.2 ± 11.6
Ethnicity, n (%)	n=7	n=64	n=43	n=265
White	7 (100.0)	48 (75.0)	30 (69.8)	222 (83.8)
African American	0 (0.0)	7 (10.9)	4 (9.3)	11 (4.2)
Hispanic/Latino	0 (0.0)	4 (6.3)	5 (11.6)	12 (4.5)
Other ^a	0 (0.0)	5 (7.8)	4 (9.3)	20 (7.5)
First treating physician, n (%)	n=7	n=64	n=43	n=265
Dermatologist	7 (100.0)	59 (92.2)	38 (88.4)	240 (90.1)
PCP	0 (0.0)	3 (4.7)	5 (11.6)	22 (8.3)
Rheumatologist	0 (0.0)	0 (0.0)	0 (0.0)	1 (0.4)
Other HCP	0 (0.0)	2 (3.1)	0 (0.0)	2 (0.8)
Type of psoriasis	n=7	n=64	n=43	n=265
Plaque	7 (100.0)	58 (90.6)	40 (93.0)	236 (89.1)
Guttate	0 (0.0)	6 (9.4)	0 (0.0)	17 (6.4)
Pustular	3 (42.9)	1 (1.6)	2 (4.7)	6 (2.3)
Palmoplantar	0 (0.0)	1 (1.6)	3 (7.0)	4 (1.5)
Erythrodermic	0 (0.0)	0 (0.0)	1 (2.3)	0 (0.0)
Inverse/Flexural	0 (0.0)	2 (3.1)	1 (2.3)	6 (2.3)
Other	0 (0.0)	0 (0.0)	0 (0.0)	2 (0.8)
BSA at diagnosis	n=4	n=44	n=30	n=225
mean ± SD	4.0 ± 1.4	6.4 ± 6.2	15.8 ± 11.3	13.1 ± 7.9
Symptom count at diagnosis	n=7	n=61	n=40	n=258
mean ± SD	1.7 ± 1.0	2.8 ± 1.5	4.1 ± 2.5	3.8 ± 1.5
Symptoms present at diagnosis ^b , n (%)	n=7	n=62	n=41	n=259
Red inflamed skin	2 (28.6)	42 (67.7)	32 (78.0)	199 (76.8)
Itching	2 (28.6)	39 (62.9)	24 (58.5)	185 (71.4)
Scaling/flaking	0 (0.0)	43 (69.4)	33 (80.5)	154 (59.5)
Cracked skin	1 (14.3)	10 (14.5)	16 (39.0)	104 (40.2)
Redness/discoloration	2 (28.6)	9 (14.5)	12 (29.3)	90 (34.7)
Tender/painful skin	2 (28.6)	4 (6.5)	9 (22.0)	83 (32)
Burning	2 (28.6)	9 (14.5)	18 (43.9)	54 (20.8)
Bleeding	0 (0.0)	2 (3.2)	6 (14.6)	60 (23.2)
Areas affected at diagnosis ^b , n (%)	n=7	n=62	n=41	n=25
Scalp	0 (0.0)	19 (30.6)	18 (43.9)	96 (37.1)
Knees	0 (0.0)	11 (17.7)	12 (29.3)	125 (48.3)

Elbows	2 (28.6)	13 (21.0)	9 (22.0)	120 (46.3)
Legs	2 (28.6)	9 (14.5)	17 (41.5)	93 (35.9)
Soles of feet	0 (0.0)	6 (9.7)	3 (7.3)	59 (22.8)
Back	1 (14.3)	4 (6.5)	13 (31.7)	57 (22.0)
Palms of hands	1 (14.3)	3 (4.8)	4 (9.8)	60 (23.2)
Arms	1 (14.3)	3 (4.8)	13 (31.7)	50 (19.3)
Abdomen	2 (28.6)	5 (8.1)	11 (26.8)	47 (18.1)
Chest	2 (28.6)	9 (14.5)	9 (22.0)	32 (12.4)
Buttocks	3 (42.9)	1 (1.6)	8 (19.5)	34 (13.1)
Neck	3 (42.9)	5 (8.1)	6 (14.6)	26 (10.0)
Groin or genitals	0 (0.0)	4 (6.5)	6 (14.6)	32 (12.4)
Special area involvement ^c , n (%)	n=7	n=62	n=41	n=259
Yes	2 (28.6)	32 (51.6)	28 (68.3)	191 (73.7)

^a Includes Asian – Indian subcontinent, Asian (other), Middle Eastern, mixed race, Native American, South-East Asian.

^b Reported by >10% of total cohort

^c Scalp, face, groin or genitals, soles of feet, palms of hands, nails

BSA: body surface area; HCP: healthcare professional; PCP: primary care practitioner; SD: standard deviation