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FOR THE GEM RESOPSO & THE AJDERM

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## RATIONNEL

While some information on psoriasis impact on pregnancy is available, very little is known on the preoccupations of women afflicted by the disease or on the dermatologists' (D) positioning as to psoriasis & pregnancy. The "Objectifs Peau" project demonstrated a 4.7% prevalence of psoriasis in women aged 18-45 years in France.

## MATERIAL AND METHODS:

This national observational multicenter survey was conducted in France from February through June 2018, in accordance with local legislation. In its course, a specific questionnaire was distributed to 361 D of different types, all working in France. This study did not interfere with usual patient management, nor was a special examination or treatment stipulated. Doctors were not paid to answer the questionnaire.

Dermatologists did not receive fees to answer the questionnaire. For these reasons, ethical committee approval was not required. A specific focus was placed on young D, or, in other terms, on the "biological agent generation" (diploma  $\geq 2004$ ) versus more senior D (diploma  $< 2004$ ). Anonymized data processing was applied, preventing the D from being identified, and this in view of a most honest data gathering. Because of the topic itself and due to several questions pertaining to sexuality, we thought it useful to ask for the gender of the D responding to this survey.

## RESULTS:

In all, 152 D had responded to the questionnaires, representing a 42.2% response rate. Of these D, 51% worked in private or mixed practice and 49% in hospitals, with 63% females (DF) and 37% males (DM). Only one participant did not indicate his or her gender. Due to anonymized data processing, characteristics of responders and non-responders could not be compared. Over the last 3 months, the mean percentage of women aged 18-45 years seen by these D was 28.6%, with a significant difference between hospital practice versus private or mixed practice observed (25.3% vs. 31.9%,  $p=0.01$ ). Yet, no difference was found when considering the mean percentage of women aged 18-45 years seen by young D (27.8%) in comparison with senior D (28.8%). Overall, three-quarters of D reported that they discussed the impact of psoriasis on sexual function with their patients. Among the surveyed participants, about 20% declared addressing the topic in a systematic manner, whereas 55% did so only when the topic was addressed by the patient. The main issues addressed by the D upon psoriasis diagnosis was the patient's wish to become pregnant in the short-term (84%), followed by contraception relevance (68%), and the patient's wish to become pregnant in the long-term, with neither gender nor seniority level differences identified.

The chief problems put forth by the patients were the compatibility of psoriasis treatment with pregnancy, disease transmission, and fetal risks in 64%, 54%, and 49%, respectively, again with neither gender nor seniority level differences identified. Less than one-third of D (28%) were familiar with existing recommendations as to psoriasis treatment in child-bearing women, comprising 13% younger-generation D and 45% more senior D, the difference being highly significant ( $p < 0.001$ ).

### Prevalence of dermatologists who discussed psoriasis impact on sexuality with their patients

|   | Total<br>(152) | Men<br>(49) | Women<br>(99) | Diploma <2004<br>(66) | Diploma $\geq 2004$<br>(78) |
|---|----------------|-------------|---------------|-----------------------|-----------------------------|
| Overall, "Yes"  | 75%            | 77.55%      | 73.74%        | 86.38%                | 65.38%                      |
| Yes, systematically   | 20.39%         | 16.33%      | 22.22%        | 27.27%                | 14.10%                      |
| Yes, but only if the topic is spontaneously brought up by the patient | 54.61%         | 61.22%      | 51.52%        | 59.09%                | 51.28%                      |
| P-value   |                | 0.0004819   |               | 0.006                 |                             |

### Main topics approached by dermatologists upon psoriasis diagnosis in women of child-bearing potential

|   | Total<br>(152) | Men<br>(49) | Women<br>(99) | Diploma <2004<br>(66) | Diploma $\geq 2004$<br>(78) |
|---|----------------|-------------|---------------|-----------------------|-----------------------------|
| Wish to become pregnant in the short-term | 83.55%         | 77.55%      | 85.86%        | 89.39%                | 79.49%                      |
| Contraception relevance                   | 68.42%         | 61.22%      | 70.71%        | 81.82%                | 58.97%                      |
| Wish to become pregnant in the long-term  | 41.45%         | 36.73%      | 44.44%        | 46.97%                | 37.18%                      |
| P-value                                   | P              | 0.44        |               | 0.33                  |                             |

## CONCLUSION

Responses of our survey indicate that women of child-bearing age represent 28.6% of the clientele of mixed and hospital D participating to the survey. D are often reluctant to discuss sexually-related issues with their patients. Therefore, more advice and education should be given on how to approach these topics. Only about one-third of D responding to the survey were familiar with existing recommendations. The gap between recommendations and actual practices should be addressed through policies that take women's preoccupations better into account.