

Baseline Characteristics of patients with moderate-to-severe plaque psoriasis treated with Guselkumab self-administered using the One-Press Injector in Portugal: A study on treatment satisfaction

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Background

- Plaque psoriasis (PsO) is a chronic, immune-mediated inflammatory skin disorder with high personal, social and economic burden. In 2023, a nationwide, cross-sectional study estimated a prevalence of 4.4% in Portugal. The findings highlighted critical gaps in diagnosis and management, indicating that many patients are likely underdiagnosed and undertreated, with suboptimal control of their condition. Additionally, a high burden of comorbidities was identified within this patient population, underscoring the need for improved clinical strategies <sup>1</sup>.
- Guselkumab, a selective p19 subunit-targeted interleukin-23 inhibitor, is approved for self-administration in patients with moderate-to-severe plaque psoriasis (PsO).
- CERES (Patient Satisfaction Using Guselkumab One-Press Single-Dose Injector Pen for Psoriasis) is a prospective, multicenter, non-intervencional study aimed at evaluating patient satisfaction, quality of life, and the treatment effectiveness of Guselkumab self-administration in Portugal.

Objectives




Here we report the results of the interim analysis that characterizes the patient population at baseline.

Methods

- This prospective, multicenter, non-interventional study included adult patients with moderate-to-severe plaque psoriasis who were eligible for guselkumab treatment under standard clinical practice.
- Ten centers across Portugal enrolled a total of 101 patients between September 2022 and November 2023, all of whom were included in the analysis.
- Baseline data, including demographics and clinician- and patient-reported outcomes, were collected from medical records and surveys.
- At baseline and before injection administration, the patients completed the Self-Injectable Assessment Questionnaire (SIAQ) pre-injection module, which includes 3 domains with 7 questions designed to evaluate patient readiness and attitudes toward self-injection. Responses are rated on a 5-point Likert scale (1 = very negative/low to 5 = very positive/high), providing quantitative insights into *Feelings About Self-Injection*, *Self-Confidence* and Satisfaction with current mode of administration.
- During the study, the patients were evaluated at baseline, week 20 (± 4 weeks) and week 52 (± 4 weeks).

Results

At Baseline, 63% of the patients had moderate psoriasis, 28% had severe psoriasis and 9% had mild disease.

Baseline Characteristics		GUS (N = 101)
Demographics		
	Age, yrs (mean ± SD)	49,6 (14,2)
	Male / Female n (%)	63 (62,4) / 38 (37,6)
	Weight, kg	79,3 ±17,4
	BMI, kg/m²	27,7 ± 5,9
Disease Characteristics – Psoriasis Diagnosis		
	Age at diagnosis <sup>a</sup> , yrs	35,3 ± 14,1
	Months since diagnosis <sup>a</sup>	204,5 ± 197,4
	IGA score	
	Mild (2)	9%
	Moderate (3)	63%
	Severe (4)	28%
Prior Treatment for PsO		
	Phototherapy	31,7%
	Biological and/or Systemic	89,1%
	Topical	89,1%

Footnote order: Data shown are mean (SD) unless otherwise noted Footnotes: <sup>a</sup> this information was only available for 18 patients. <sup>\*</sup>Abbreviations in alphabetical order, defined at first use, format: BSA=body surface area, IGA= investigator Global Assessment, W=weeks

The majority of patients had prior experience with topical treatments (89,1%) and biologic and/or systemic therapies (89,1%), while phototherapy was utilized by 31,7% of individuals.

- The most common previous biological and/or systemic therapies included Methotrexate (45,6%), Cyclosporine (44,4%), Acitretin (34,4%) and Adalimumab (30%).
- The main reasons for discontinuing previous treatment with biologic and/or systemic treatment were loss of response (47,8%), no response (46,7%) and toxicity (36,7%).

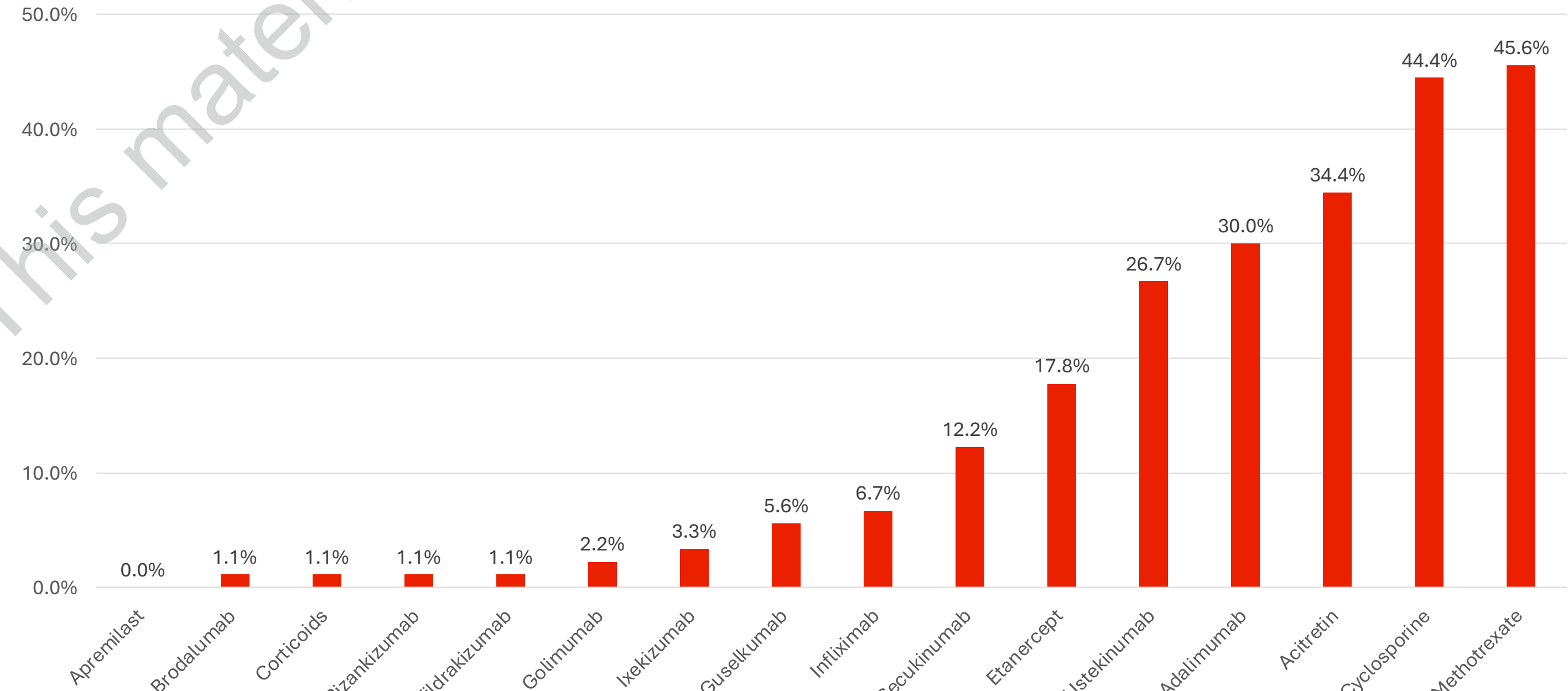


Fig. 3 – Previous psoriasis therapies.

Footnote order: Data shown are in percentage.



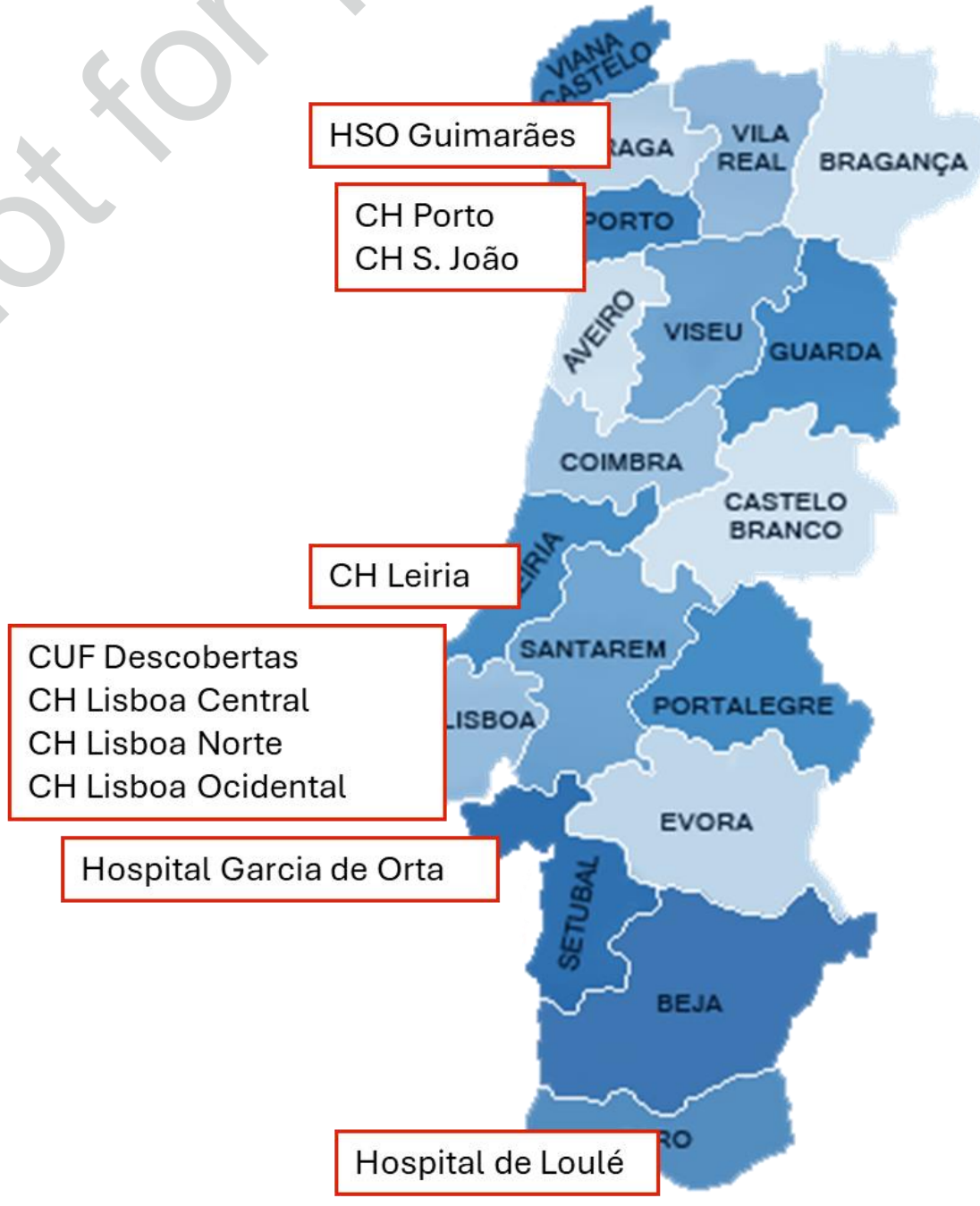
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Key Takeaways

- The baseline profile of the CERES cohort aligns closely with national epidemiological data, supporting the representativeness of the study population.
  - Patients had **long disease duration** (mean 17 years)
  - 76% of patients had at least one comorbidity
    - 30% of patients had ≥3 comorbidities**
    - Most frequent comorbidities were hypertension, dyslipidemia, diabetes mellitus and PsA.
- Participants had **extensive treatment histories**, including topical, biologic, and/or systemic therapies.
  - 9/10 patients had used previous biologic and/or systemic therapies
  - The main reasons for discontinuation of previous biologic and/or systemic therapies were related to efficacy issues.
- More than **60% of patients** expressed some level of **anxiety about administering the injection** themselves.



CERES  
Patient Satisfaction Using Guselkumab  
One-Press Single-Dose Injector Pen  
for Treatment of Psoriasis



Of the 101 patients included , 76% of patients had at least one documented comorbidity

Of the 101 patients included , 76% of patients had at least one documented comorbidity: 22,8% with one comorbidity, 23,8% had two comorbidities and 29,7% had three or more comorbidities.

The most frequently reported comorbidities were Hypertension, Dyslipidaemia, Diabetes Mellitus and Psoriatic Arthritis.

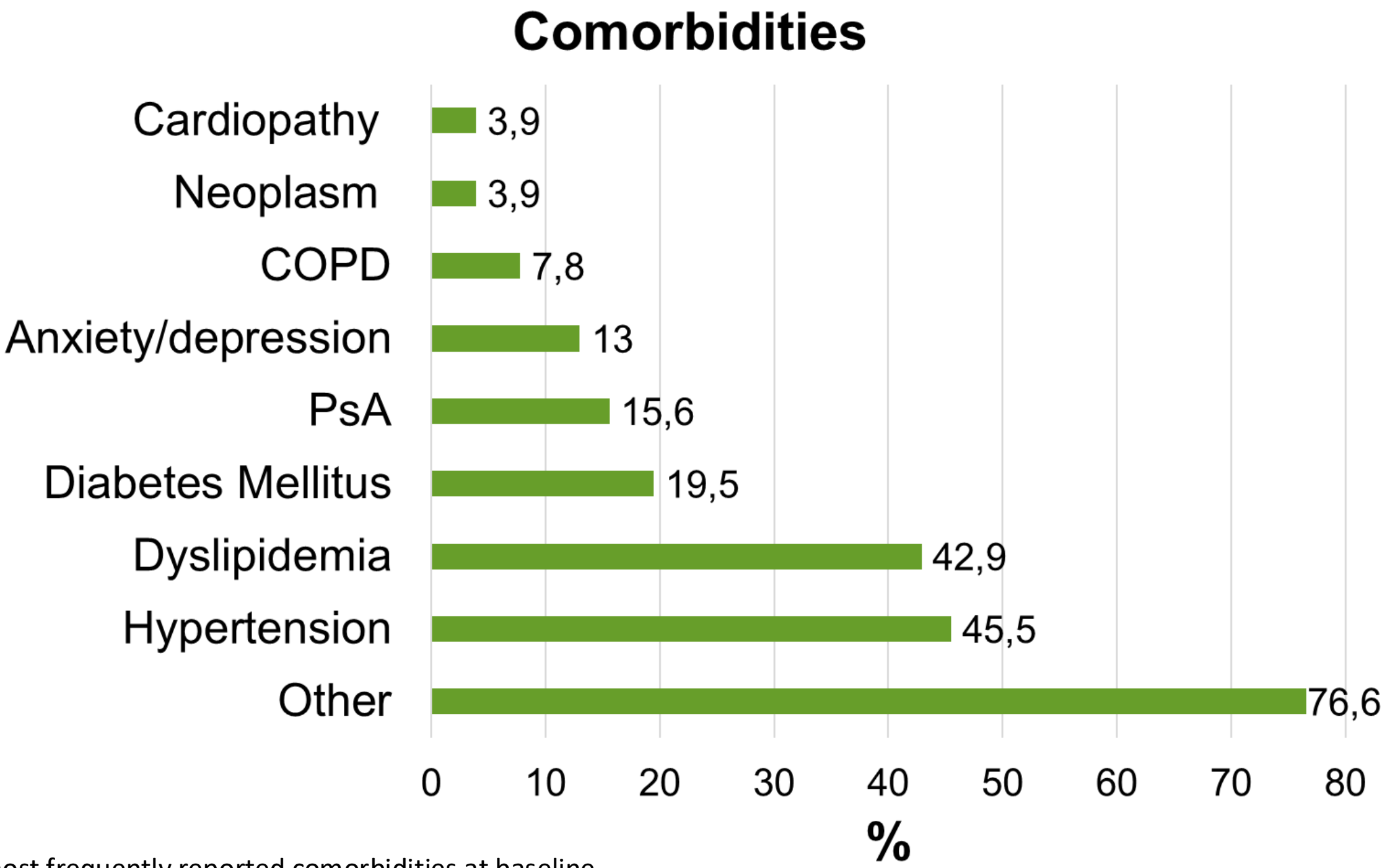


Fig. 1 – The most frequently reported comorbidities at baseline

Footnote order: Data shown are in percentage.

At baseline, over 60% expressed some level of anxiety about administering the injection themselves

Most patients reported no fear of injections or needles (Q1, Q2), although over 60% expressed some level of anxiety about administering the injection themselves.

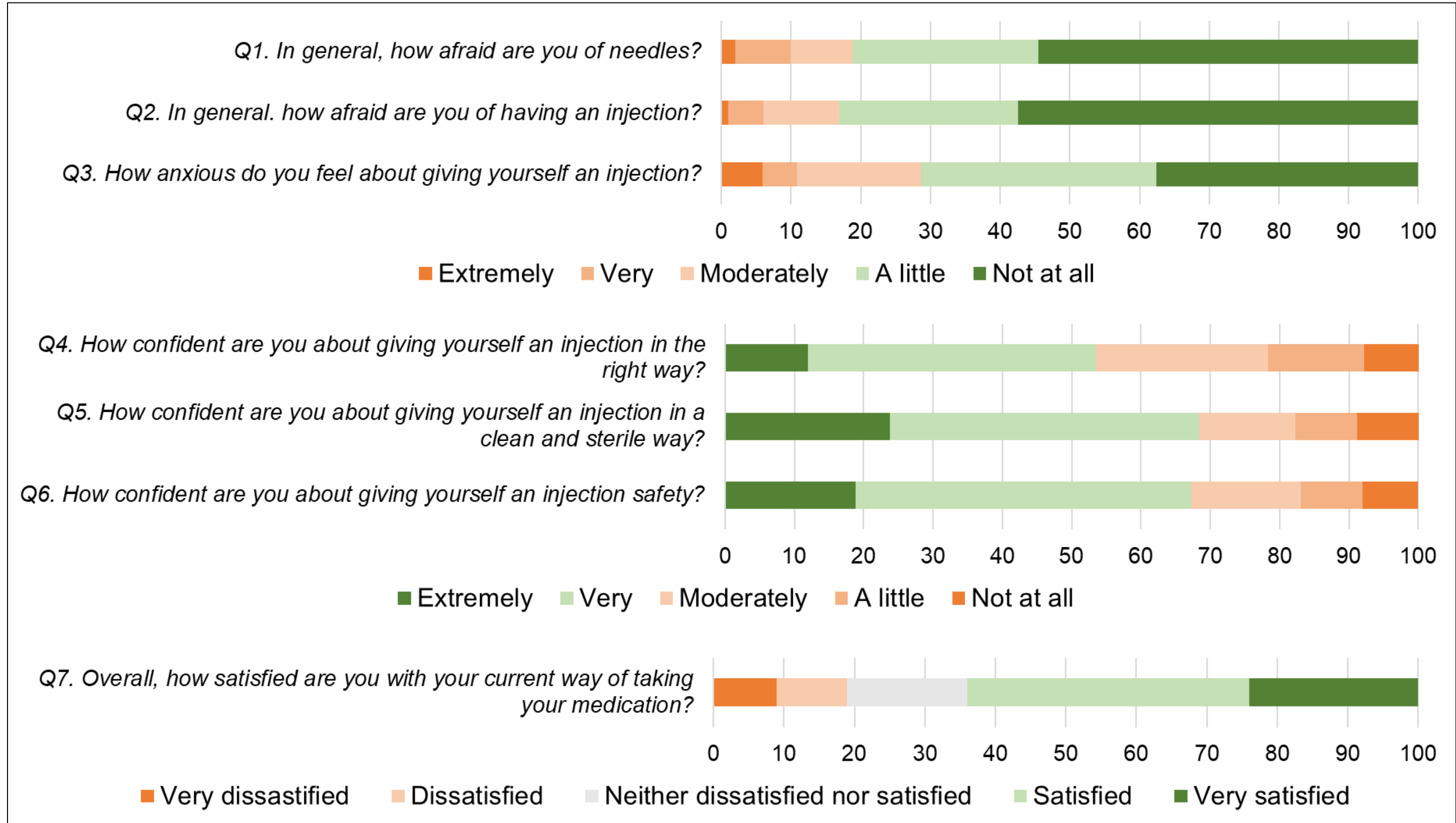


Fig. 4 – Responses to the SIAQ pre-injection module items. Values represent the % of patients from the overall cohort (N = 101).

Footnote order: Data shown are in percentage.