

Press Release

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Almost half of patients with skin disease suffer from sleep disturbances, global study finds

(Friday, 13 October 2023, Berlin, Germany) Almost half (42%) of patients with skin disease experience sleep disturbances, a major study presented today at the European Academy of Dermatology and Venereology (EADV) Congress 2023 has revealed.¹

The ALL PROJECT, a comprehensive international research initiative, analysed over 50,000 adults across 20 countries to assess the impact of skin diseases.²

Notably, these sleep disturbances were found to have broader implications on patients' quality of life. Nearly half (49%) of patients with skin disease reported reduced productivity at work, in contrast with just one in five (19%) participants without a skin disease.¹

The main symptoms that impacted the sleep of patients with skin disease were itching (60%) and burning sensations or tingling (17%). Additionally, patients more frequently experienced a feeling of fatigue as soon as they woke up (81% vs 64% in the non-skin disease population), periods of drowsiness during the day (83% vs 71%), tingling sensations in the eyes (58% vs 42%) and repeated yawning (72% vs 58%) than those who did not have a skin disease.¹

Lead author, Dr Charles Taieb comments, "Our study is the first to uncover the profound impact of sleep disturbances on the physical functioning of patients with skin disease, and these findings underscore the critical need for early detection and effective management of sleep disturbances."

Study author, Dr Bruno Halioua adds, "Moving forward, healthcare providers should be encouraged to integrate sleep disturbance questions into the examinations of patients with skin conditions to foster a more comprehensive understanding of the impact of skin diseases. Ultimately, the ALL PROJECT aims to spotlight the impact of skin diseases and associated patient experiences so we can mitigate these adverse effects and improve the quality of life for patients."

Beneath the surface of hidradenitis suppurativa

The ALL PROJECT study also investigated the impact of living with hidradenitis suppurativa,³ a painful, long-term skin condition that causes skin abscesses and scarring affecting approximately 1 in 100 people.⁴ The condition occurs near hair

follicles where there are sweat glands, such as around the groin, bottom, breasts and armpits, but the exact cause is unknown.⁴ It is often difficult to manage, although symptoms may improve or eventually stop with treatment.⁴

Findings from the study showed that 77% of patients with hidradenitis suppurativa reported a feeling of stigmatisation due to their condition, with 58% experiencing ostracisation or rejection from others. More than half of patients reported that people avoided touching them (57%) and approaching them (54%) because of their condition.³

These experiences led to significant consequences for patients, impacting their self-perception, relationships and daily lives.³ Patients with reported feelings of stigmatisation were more likely to avoid taking selfies (52%), compared with those without the condition (84%), and tended to control their appearance whenever they passed in front of a mirror (72% vs 34%).³ Nearly 79% of patients who exhibited poor adherence to therapy also reported a feeling of stigma.³

Dr B Halioua explains, "The stigmatisation associated with this condition profoundly impacts patients' lives and can perpetuate a vicious cycle of isolation and non-adherence to treatment. The study highlights the need for immediate action, including public education efforts to increase understanding and improved access to tailored healthcare and support services for patients with hidradenitis suppurativa."

"This research is a vital step towards better supporting patients and addressing the hidden challenges they face due to stigmatisation", adds Dr C Taieb. "By raising awareness, we can work collectively to create a more inclusive society, improve treatment adherence and reduce the burden carried by patients."

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Note to editors:

A reference to the EADV Congress 2023 must be included in all coverage and/or articles associated with this study.

For more information or to arrange an expert interview, please contact Phoebe May at phoebe.may@emotiveagency.com or press@eadv.org.

Disclosures:

The ALL PROJECT is funded by Pierre Fabre's Patient Centricity Department.

About the study author:

Dr Charles Taieb heads the company EMMA (European Market Maintenance Assessment), which set up and managed the ALL Project for Pierre Fabre's Patient

Centricity department. EMMA specialises in large-scale international studies on representative populations. Charles Taieb is Associate Editor of the JEADV CP Patient page.

Dr Bruno Halioua is a dermatologist practicing in Paris. He is an expert in therapeutic inertia and patient feeling. Dr Halioua is a medical historian. He is the author of "Des Médecins d' Auschwitz" (Doctors of Auschwitz), a landmark work.

About EADV:

Founded in 1987, EADV is a non-profit organisation with a vision to form a premier European Dermatology-Venereology Society. The Academy counts over 9000 members from 120 countries, providing a valuable service for every type of dermatologist-venereologist professional. The EADV is dedicated to advancing patient care, education and research by providing a unique platform to bring people together and share ideas.

This year, the EADV Congress will take place in Berlin, Germany, and online from 11–14 October 2023.

Find out more via the EADV website: <https://www.eadv.org/>

References:

1. Halioua B, *et al.* Prevalence and impact on professional life of sleep disturbance in patients with cutaneous disorders: A study of 17627 subjects data from the all skins-all colors-all dermatoses: The ALL PROJECT. Presented at the EADV Congress 2023; 11 October 2023; Berlin, Germany.
2. Marie-Aleth R, *et al.* Overview of the impact of skin diseases in the world in 2023 Data from the "all skin, all colour, all dermatoses" study: The ALL PROJECT. Presented at the EADV Congress 2023; 13 October 2023; Berlin, Germany.
3. Halioua B, *et al.* Impact of feeling of stigmatization on the lives of adult patients with hidradenitis suppurativa: Data from the all skins-all colors-all dermatoses: The ALL PROJECT. Presented at the EADV Congress 2023; 11 October 2023; Berlin, Germany.
4. NHS. Hidradenitis suppurativa (HS). (Last updated March 2023). Available at: <https://www.nhs.uk/conditions/hidradenitis-suppurativa/> (Accessed: September 2023).