

## **Preference for Oral Versus Injectable Treatment in Adults With Moderate-to-Severe Atopic Dermatitis: Results From the Phase 3b Heads Up Clinical Trial**

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**Objective 1:** Assess preferences for oral versus injectable treatment among adult patients with moderate-to-severe atopic dermatitis

**Objective 2:** Investigate the reasons adult patients with moderate-to-severe atopic dermatitis may prefer oral or injectable treatment

Shared patient-physician decision-making practices that consider patient preferences may contribute to greater patient satisfaction and overall well-being. In a phase 3b clinical trial of adults with moderate-to-severe atopic dermatitis randomized 1:1 to oral upadacitinib 30 mg once daily (with a placebo prefilled syringe) or subcutaneous dupilumab 300 mg every other week (with one placebo tablet) after a 600 mg loading dose (Heads Up; NCT03738397), patients from the United States (n = 144) completed a questionnaire assessing preference for oral (pill) versus injection treatment, as well as the degree of and reasons for their preference. Patients indicated a stronger preference for a pill over an injection administered at the doctor's office (Wilcoxon Signed-Rank test;  $P = .0016$ ). Among those who specified a preference for either a pill or injection at the doctor's office (n = 114; patients with "no preference" excluded), a

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majority (69.3%) preferred a pill (exact binomial test;  $P < .0001$ ). Preferences were similar when comparing a pill with an injection received at home. The most common reasons for preferring oral treatments were that it was easier to determine when/how to take medication and lack of time for doctor's office visits/lack of confidence in home injection. The most common reasons for preferring injection treatments were not having to remember to take a pill once each day or worry about forgetting a pill and less frequent dosing. Understanding patient preferences provides opportunities for physicians and other healthcare practitioners to offer treatment choices better suited to patients' needs.