Effects of Ruxolitinib Cream on Patient-Reported Quality of Life in Atopic Dermatitis: 52-Week Pooled Results From Two Phase 3 Studies

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Introduction
Atopic dermatitis (AD) is a pruritic, inflammatory skin disease that can result in social, economic, and psychological impacts and can reduce quality of life (QoL). 1–3 Atopic dermatitis has a high prevalence, 4 and many patients seek treatment for AD-related symptoms. 3,4

Objective
To describe the effects of long-term as-needed ruxolitinib cream treatment on patient-reported QoL and skin clearance in patients with active AD who had been previously treated with topical therapies.

Methods
Study Design and Patients
Patients had active AD for ≥ 12 years and had failed at least one topical therapy (Figure 1). Participants were randomized to one of three treatment groups: vehicle cream or 0.75% or 1.5% ruxolitinib cream. Patients were treated until Week 52. Assessments were performed at baseline and every 4 weeks. Data for patients remaining in the study were collected until Week 52 (long-term safety [LTS] period).

Results
Patient demographics and baseline characteristics are summarized in Table 1. QoL (measured by DLQI and CDLQI) was improved from baseline during the study, with a mean reduction in DLQI score from baseline compared with patients in the vehicle group of 1.5% (95% CI: 0.3, 2.7; p = 0.0162) and 0.75% (95% CI: 0.1, 1.5; p = 0.0270) ruxolitinib cream groups (Week 52, 71.0%/66.9%); a similar proportion of patients in the vehicle group (70.8%/63.0%) reported no skin pain/discomfort (Week 52).

Conclusions
Ruxolitinib cream demonstrated significant and clinically meaningful improvements in QoL compared with vehicle cream in patients with active AD. Improvement was maintained for 52 weeks in patients who remained in the study. Safety was generally consistent with previously reported results. 3–5

Figure 1: Study Design


Figure 2: Proportion of Patients Reporting No Anxiety or Depression per QoL-DLQI Q2

Safety
No serious adverse events were observed in the LTS period, with a safety profile consistent with the vehicle period. 3–5

Disclosures
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