Improvement in itch, symptoms, and quality of life with upadacitinib through week 16 in adults and adolescents with atopic dermatitis: results from phase 3 studies (measure up 1, measure up 2, and ad up)

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Introduction/Background: Atopic dermatitis (AD) is characterized by intense itch and symptoms that adversely impact quality of life (QoL). Upadacitinib is a selective Janus kinase-1 inhibitor approved for moderate-to-severe AD.

Objective : We assessed the effect of once daily oral upadacitinib (15 or 30 mg), with or without concurrent topical corticosteroid treatment, on patient-reported outcomes for adults and adolescents with moderate-to-severe atopic dermatitis during the double-blind, placebo-controlled phase 3 clinical trials, Measure Up 1 (NCT03569293), Measure Up 2 (NCT03607422), and AD Up (NCT03568318).

Methods: Assessments included itch (Worst Pruritus Numerical Rating Scale); skin pain and symptom severity (AD Symptom Scale); symptom frequency (Patient Oriented Eczema Measure); and sleep, daily activities, and emotional state (AD Impact Scale).

Results: Post-hoc analysis of 2240 adults and 344 adolescents randomized patients was performed. By week 2, more patients receiving upadacitinib achieved a clinically relevant response in itch, skin pain, symptom severity, symptom frequency, sleep, daily activities, and emotional state vs placebo across studies among adults (upadacitinib 15 mg: 30.8-87.3%; upadacitinib 30 mg: 38.0-89.9%; placebo: 2.1-43.1%; nominal $P<.001$ for all comparisons) and adolescents (upadacitinib 15 mg: 19.4-82.9%; upadacitinib 30 mg: 35.3-97.6%; placebo: 0-41.0%; nominal $P<.05$ for 37/42 comparisons). These trends continued through week 16 where

response rates for all outcomes improved with upadacitinib vs placebo in adults (upadacitinib 15 mg: 42.9-80.4%; upadacitinib 30 mg: 60.9-84.6%; placebo: 10.1-38.1%; nominal *P*<.001 for all comparisons) and adolescents (upadacitinib 15 mg: 33.3-78.0%; upadacitinib 30 mg: 50.0-85.7%; placebo: 2.8-43.6%; nominal *P*<.05 for 41/42 comparisons).

Conclusions: These findings highlight the rapid, sustained efficacy of once daily oral upadacitinib in improving symptom burden and QoL in adults and adolescents with moderate-to-severe AD.

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