

# Study compares effectiveness of psoriasis treatments

20 April 2012



The effectiveness of therapies for psoriasis is variable, and may be lower in real-world settings than in trial settings, according to a study published in the April issue of the *Archives of Dermatology*.

(HealthDay) -- The effectiveness of therapies for psoriasis is variable, and may be lower in real-world settings than in trial settings, according to a study published in the April issue of the *Archives of Dermatology*.

Joel M. Gelfand, M.D., M.S.C.E., of the University of Pennsylvania Perelman School of Medicine in Philadelphia, and colleagues compared the effectiveness of biologic systemic therapy, nonbiologic [systemic therapy](#), and phototherapy for treatment of psoriasis in a cohort of 713 patients with plaque psoriasis. Participants received monotherapy (methotrexate sodium, [adalimumab](#), [etanercept](#), or ustekinumab) or narrowband ultraviolet (UV)-B phototherapy. The primary outcome was clear or almost clear skin on the Physician Global Assessment Scale.

The researchers found that the proportion of patients who achieved the primary outcome was 23.8 percent with methotrexate, 47.7 percent with adalimumab, 34.2 percent with etanercept, 36.1 percent with ustekinumab, and 26.1 percent with narrowband UV-B. Patients receiving adalimumab, etanercept, and ustekinumab were significantly more likely to achieve the primary outcome than those receiving methotrexate, whereas there was

no significant difference for those receiving phototherapy versus methotrexate. There was no response difference seen for quality of life.

"The effectiveness of psoriasis therapies in clinical practice may be lower than that reported in previous trials," the authors write. "These results provide novel benchmarks emphasizing the critical importance of studying effectiveness in real-world practice."

Several authors disclosed financial ties to the pharmaceutical and biotechnology industries.

**More information:** *Arch Dermatol.* 2012;148(4):487-494.  
[doi:10.1001/archdermatol.2012.370](https://doi.org/10.1001/archdermatol.2012.370)

Copyright © 2012 [HealthDay](#). All rights reserved.

APA citation: Study compares effectiveness of psoriasis treatments (2012, April 20) retrieved 6 October 2022 from <https://medicalxpress.com/news/2012-04-effectiveness-psoriasis-treatments.html>

*This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.*