

Beyond clinical data: Assessing usage patterns of real-world home-reported outcomes to capture the full burden of atopic dermatitis symptoms and flares

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KEY FINDINGS & CONCLUSIONS

- An analysis of data on 34 AD patients was conducted to identify the range of symptoms, treatments, flare events, and flare management methods Folia app users tracked.
- A total of **39** distinct symptoms and **60** distinct treatments were tracked over a one-month period, demonstrating the significant burden of AD and interest in and engagement with using a digital health tracking tool.
- **94%** of flare days were managed without clinical care.
 - Only **15%** of participants reported satisfaction ("happy" or "it's great") with their treatment plan at baseline.
 - **68%** were neutral or dissatisfied ("okay," "not good," "frustrated," "no plan," "plan constantly changing," or "experimenting")
- These findings underscore the need for improved at-home management strategies and highlight the importance of capturing home-reported outcomes (HROs) in atopic dermatitis.

BACKGROUND AND SIGNIFICANCE

- Atopic dermatitis (AD) is a chronic condition with high variability in symptoms and treatment approaches.
- While clinical and claims data provide insights into healthcare utilization, these data sources miss self-managed symptom burden.

OBJECTIVE

- Utilize Folia’s home-reported outcomes (HROs) to gather real-world data on AD flares, symptom burden, and treatment use directly from patients and caregivers.

RESULTS

- Analysis was conducted on 34 patients. See Figures A and B for baseline demographic data.
- Participants selected a total of **39** distinct symptoms and **60** distinct treatments, including over-the-counter medications and home-remedies, to track throughout the study period. Top symptoms and treatments can be found in Tables 1 and 2.
- **94%** of flare events recorded by participants were managed at home. Flare management treatments participants most often cited were: ointments and creams (66 tracks) and oral medication (11 tracks).
- At baseline, **68%** were neutral or dissatisfied ("okay," "not good," "frustrated," "no plan," "plan constantly changing," or "experimenting") with their treatment plan.

Table 1. Top Symptoms Tracked (n=39)

Rank	Symptom	# of Tracks
1	Skin irritation	257
2	Itching	222
3	Dry skin	191
4	Anxiety	141
5	Skin picking	127
6	Sleep problems	121
7	Daily stress	120
8	Skin rash	46

METHODS

- This analysis includes one month of data from 34 patients with self-reported AD who used the Folia app.
- Folia users tracked their:
 - Symptoms (those commonly associated with AD and less commonly associated)
 - Treatment usage (prescription, over-the-counter, and home-remedies)
 - Flare events (location, duration, frequency)
 - Flare management methods (home-care, clinical interventions)
- App-usage patterns were also assessed, including days of the week and times of day.

DEMOGRAPHICS

Figure A. Participant Age

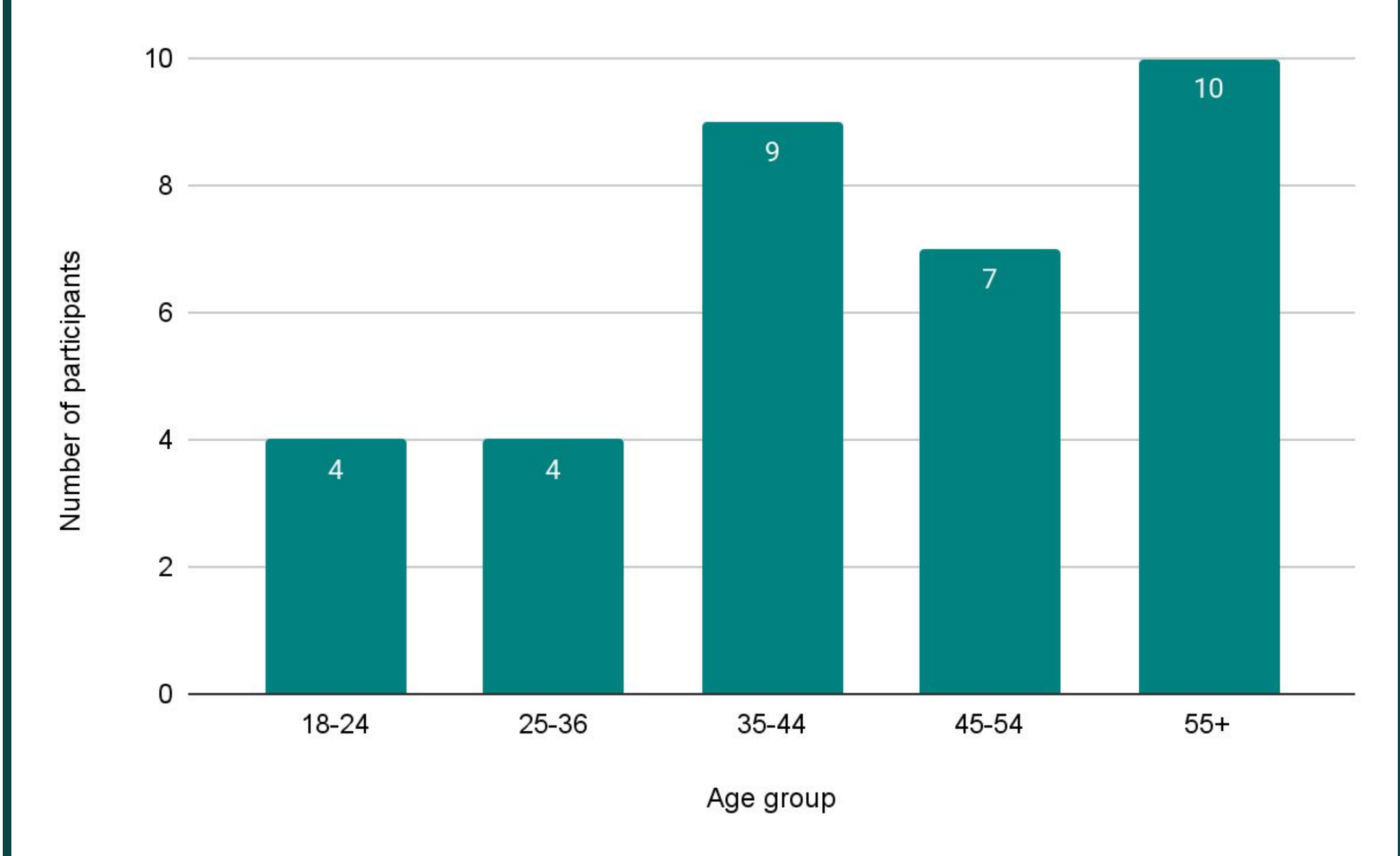


Figure B. Participant Race

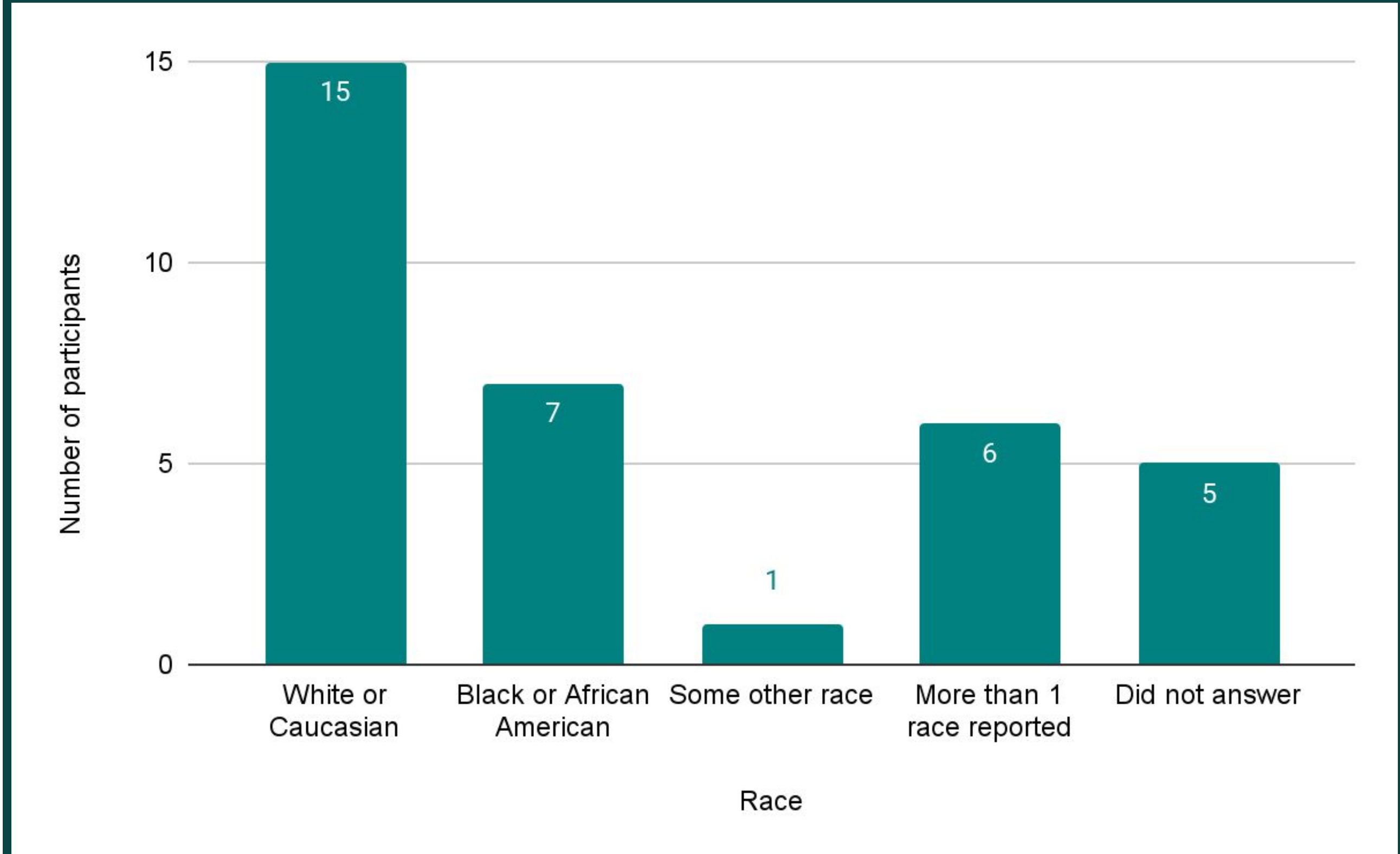
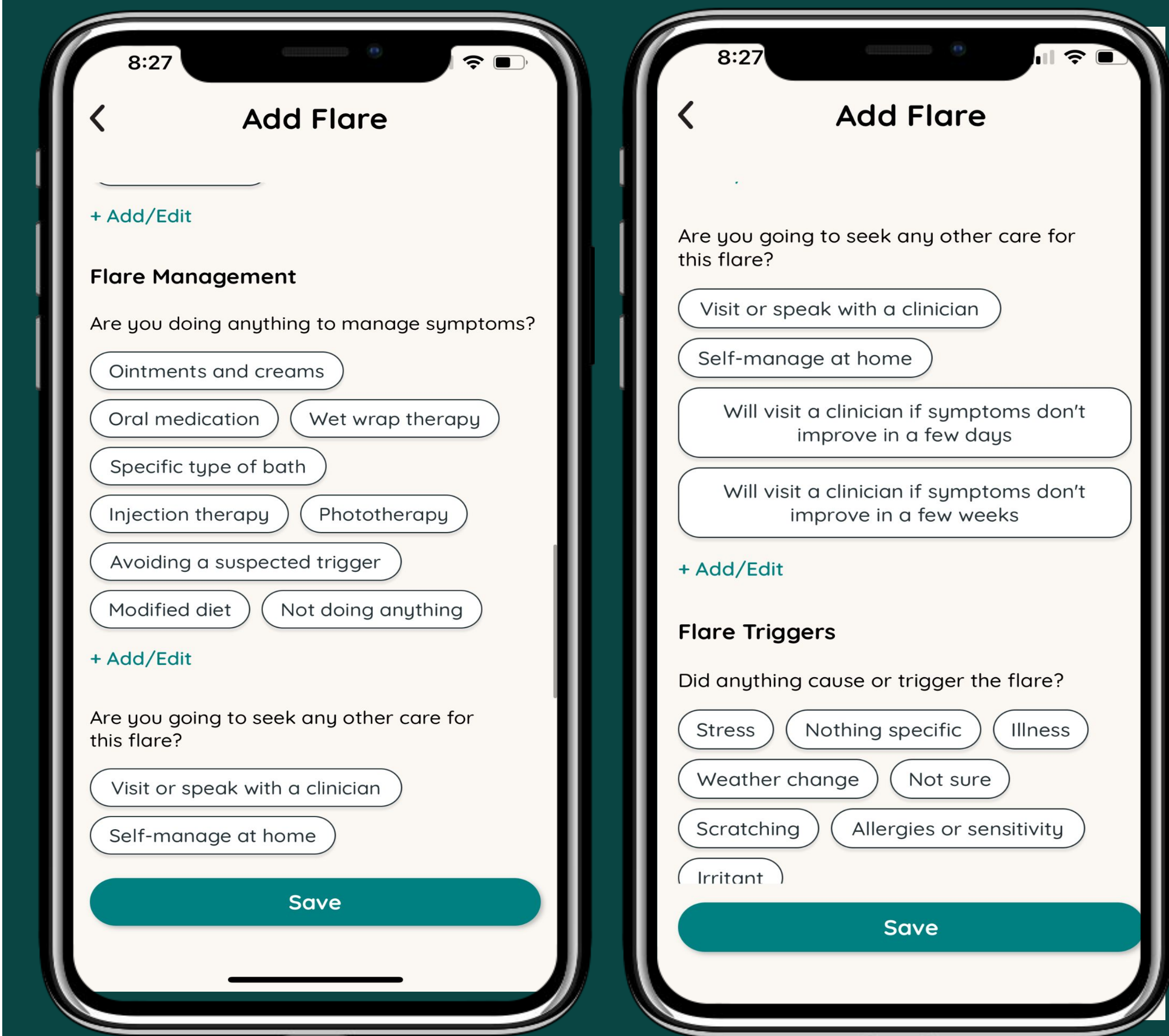


Figure C. Tagging and Flare Tracking Functionality



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**Tracked by 1 unique participant