



**Health**  
Western Sydney  
Local Health District



THE UNIVERSITY OF  
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# Exploring the relationship between psoriasis skin clearance and body mass index

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## Introduction

Psoriatic skin involvement and the impact on self-esteem is cited as a reason that deters one from pursuing a healthy lifestyle.<sup>1</sup>

Although increasing body mass index (BMI) has been associated with an increased risk of psoriasis, there is a paucity of data that demonstrates improvement in skin psoriasis correlating with an improvement in BMI.<sup>2</sup>

This study aimed to identify the barriers to weight reduction in individuals who have achieved, or almost achieved, skin clearance from psoriasis through biologic therapy.

## Materials and Methods

A cross-sectional questionnaire consisting of twelve questions was disseminated to patients at the Department of Dermatology, Westmead Hospital, NSW, Australia.

The survey questions were reviewed by an epidemiologist and tested by a dermatologist.

Inclusion criteria included patients on biologic therapy for at least 6 months and achieved PASI-75.

The study was approved by Western Sydney Local Health District Human Research Ethics Committee; 2021/PID02856 – 2021/ETH11639.

## Results

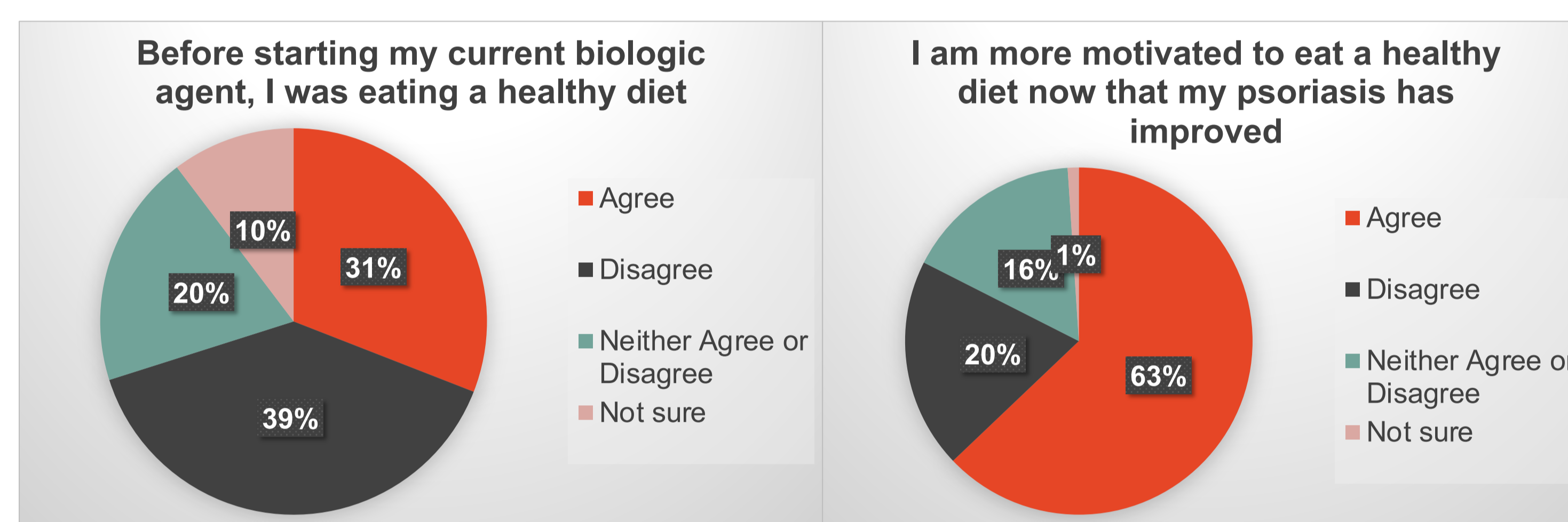
In total, 98 surveys were completed comprising 57% male respondents.

Most participants (83%) were diagnosed with chronic plaque psoriasis before the age of 36.

Whilst most participants were on their first biologic, 10% of respondents had received 5 or more biologics. Patients were frequently within the first year of therapy or 3-5 years of treatment.

Prior to the initiation of their current biologic, 61% of respondents reported psoriasis contributed to low mood whilst 54% reported that it impacted their motivation to exercise.

After achieving significant skin clearance, 73% of participants reported an improvement in mood, 61% agreed they were more motivated to exercise, and 63% were more motivated to eat a healthy diet.



Overwhelmingly, the main barrier to weight control for respondents was life stress. This was followed closely by the lack of time to exercise, lack of time to prepare healthy meals, and lack of motivation to lose weight.



## Conclusions

In the surveyed cohort, skin clearance with biologic therapy correlates positively with improved lifestyle behaviours in this cohort.

There is an unmet need for patients to have access to a team of healthcare professionals that could assist them in making healthy lifestyle choices.

A coordinated multidisciplinary approach to care is critical to improving lifestyle factors that impact psoriasis disease control, therapeutic response, and cardiovascular risk.

## Literature cited



## Acknowledgments

We thank the patients for their written consent to participate in this study.

## For further information

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