

SPOCS STUDY: EXPLORING QUALITY OF LIFE AND EMOTIONAL WELL-BEING IN MODERATE TO SEVERE SLE PATIENTS – A SUBANALYSIS OF THE SPANISH DATA

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Introduction

- Systemic lupus erythematosus (SLE) is a chronic, autoimmune disease characterized by periods of abrupt disease flares, persistent low-level activity, or remission with stable symptoms.
- Most patients experience ongoing fatigue and pain, which significantly impact their quality of life (QoL) and make daily activities challenging.
- Additionally, a lack of understanding within their social environment often strains relationships and exacerbates the emotional burden of managing the disease.

Objectives

- The SPOCS study evaluates the real-world clinical evolution of SLE patients.
- This sub analysis aimed to describe the self-reported QoL, depression, and fatigue in a cohort of Spanish patients suffering moderate to severe SLE included in the SPOCS international multicenter cohort.

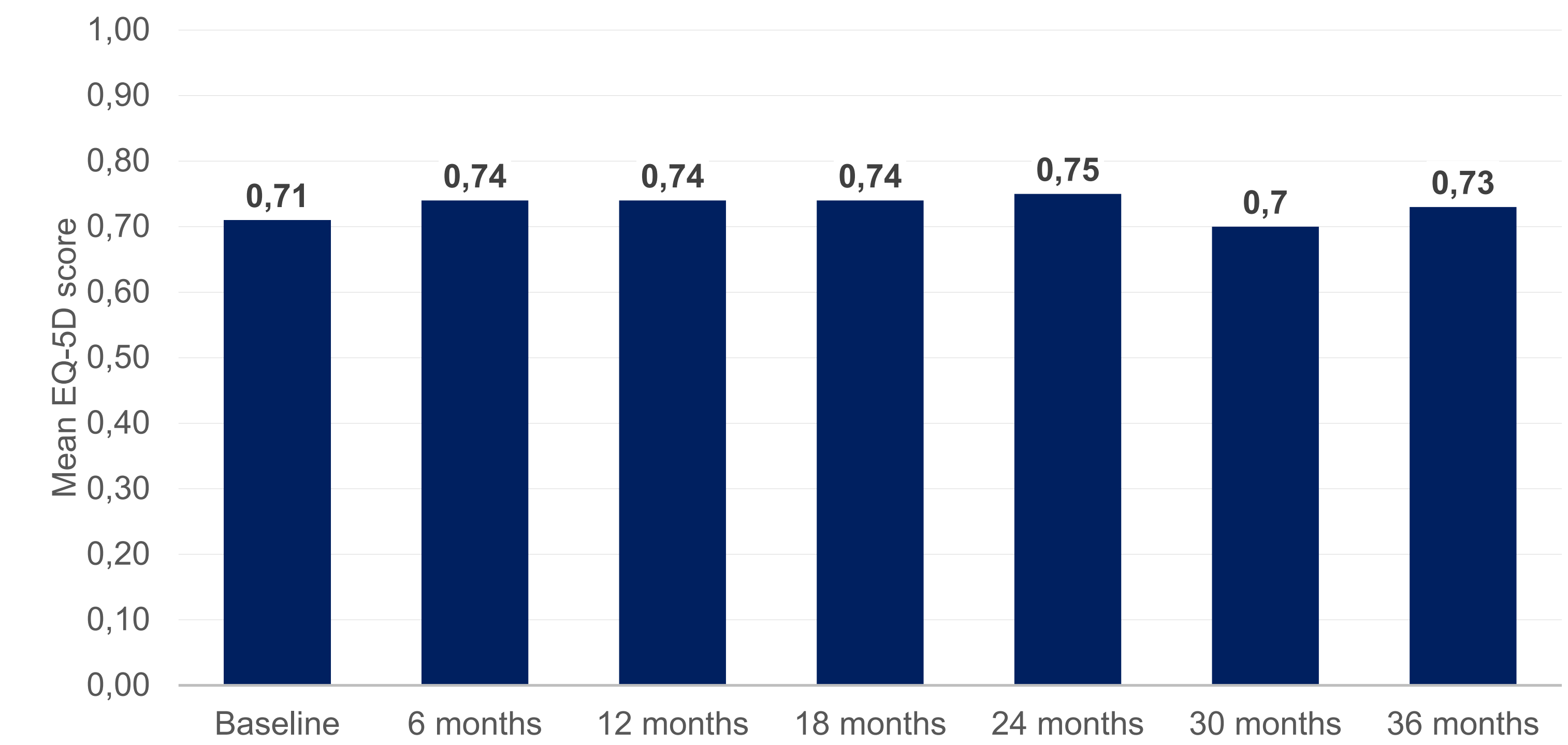
Methods

- The SPOCS Study (NCT03189875) is an international, multicenter, prospective, observational cohort study encompassing moderate-severe SLE patients, recruited from 2017 to 2019, and followed for 3 years afterwards.
- The Spanish Cohort included patients with biannual follow-up over a maximum 3-year period. Invited subjects were adults (≥18 years) with physician-confirmed moderate to severe SLE according to ACR or SLICC SLE classification criteria.
- Variables were measured every 6 months during the follow-up. QoL was self-reported using the EuroQoL-5D-5L (EQ-5D) considering five dimensions (mobility, self-care, usual activities, pain/discomfort and anxiety/depression) and providing an index value ranging from 0 (as if dead) to 1 (full health).
- Depression was measured using the Patient Health Questionnaire-8 (PHQ-8) while fatigue was reported using the Functional Assessment of Chronic Illness Therapy – Fatigue Scale (FACIT-F). Descriptive analyses were performed for the outcomes of interest.

Results

- The Spanish cohort included 99 patients with SLE. Among those, 91.9% were female, with mean (standard deviation (SD)) age of 45.0 (12.0) years. Of the 99 recruited patients, 98 had data available for this analysis. Mean EQ-5D index value was 0.71 (0.26) at baseline with **minimum changes during the follow-up** (Figure 1).

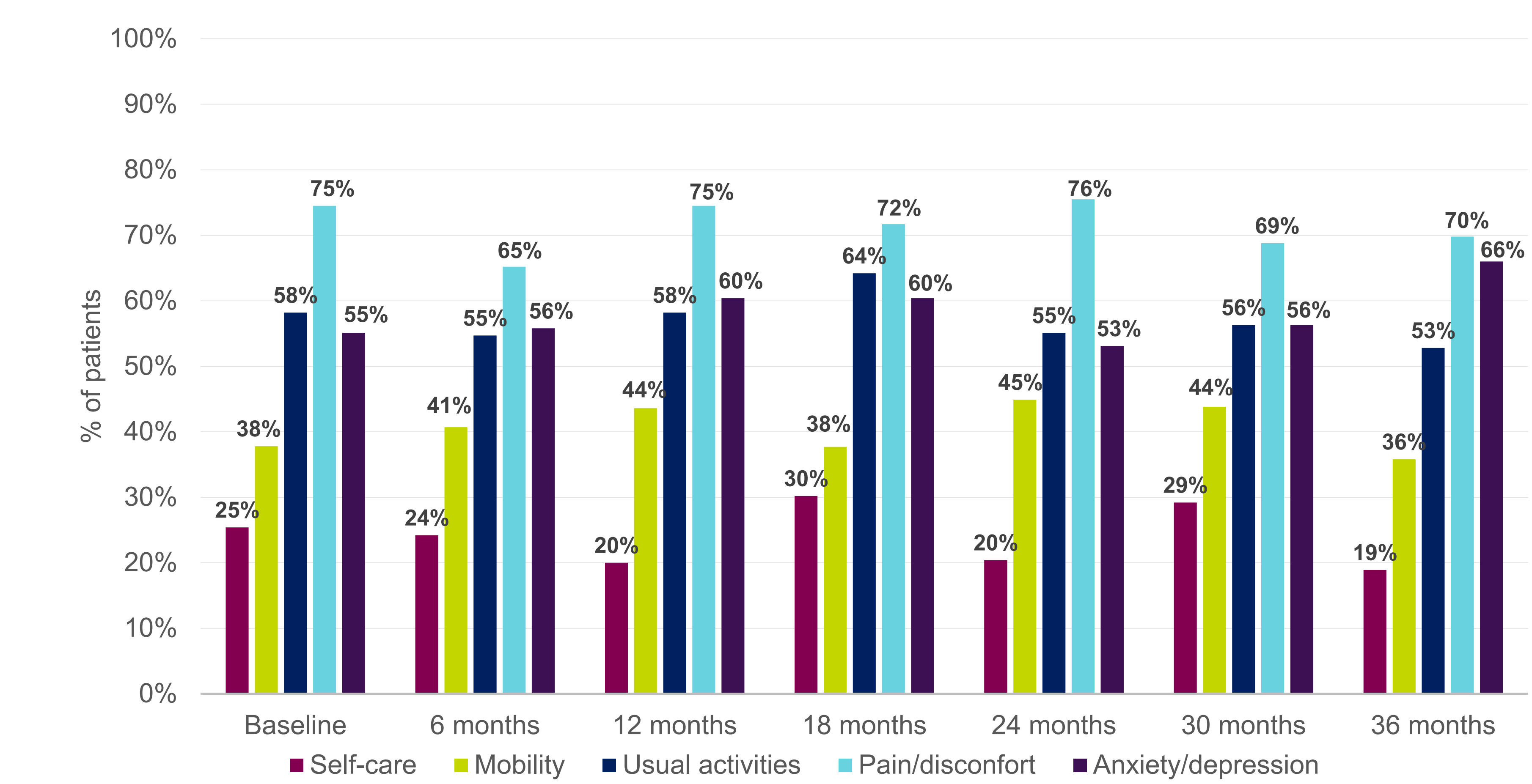
Figure 1. Mean EQ-5D-5L scores at baseline and during follow-up



Results (continuation)

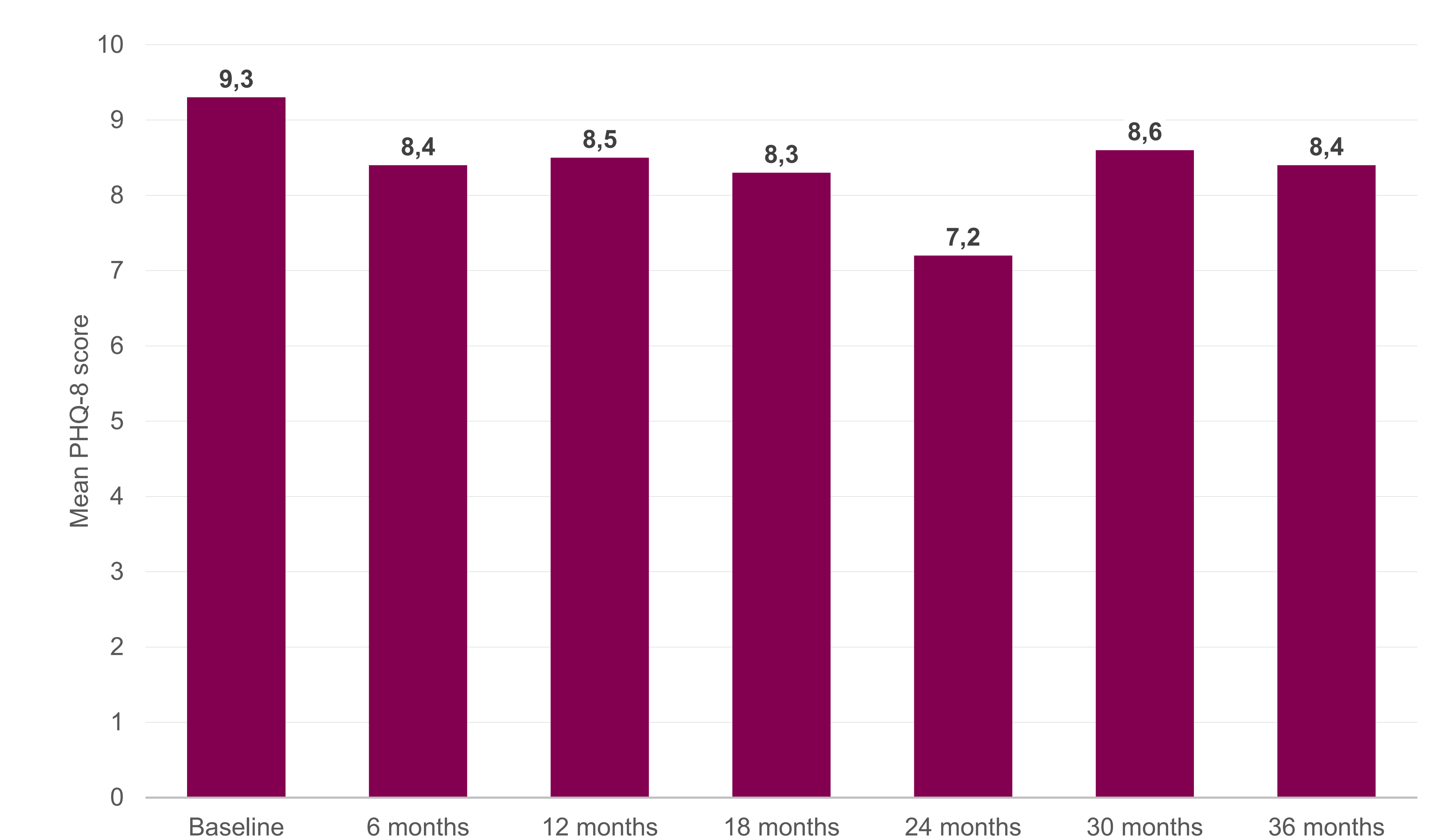
- Pain or discomfort was reported by most patients (74.5%).** Impact on usual activities as well as anxiety or depression was also reported by 58.2% and 55.1% of patients, respectively. Self-care was the dimension least impacted. **Proportion of patients reporting impact on dimensions remained stable for the duration of the study** (Figure 2).

Figure 2. Patients reporting at least slight level for every dimension, at baseline and during follow-up



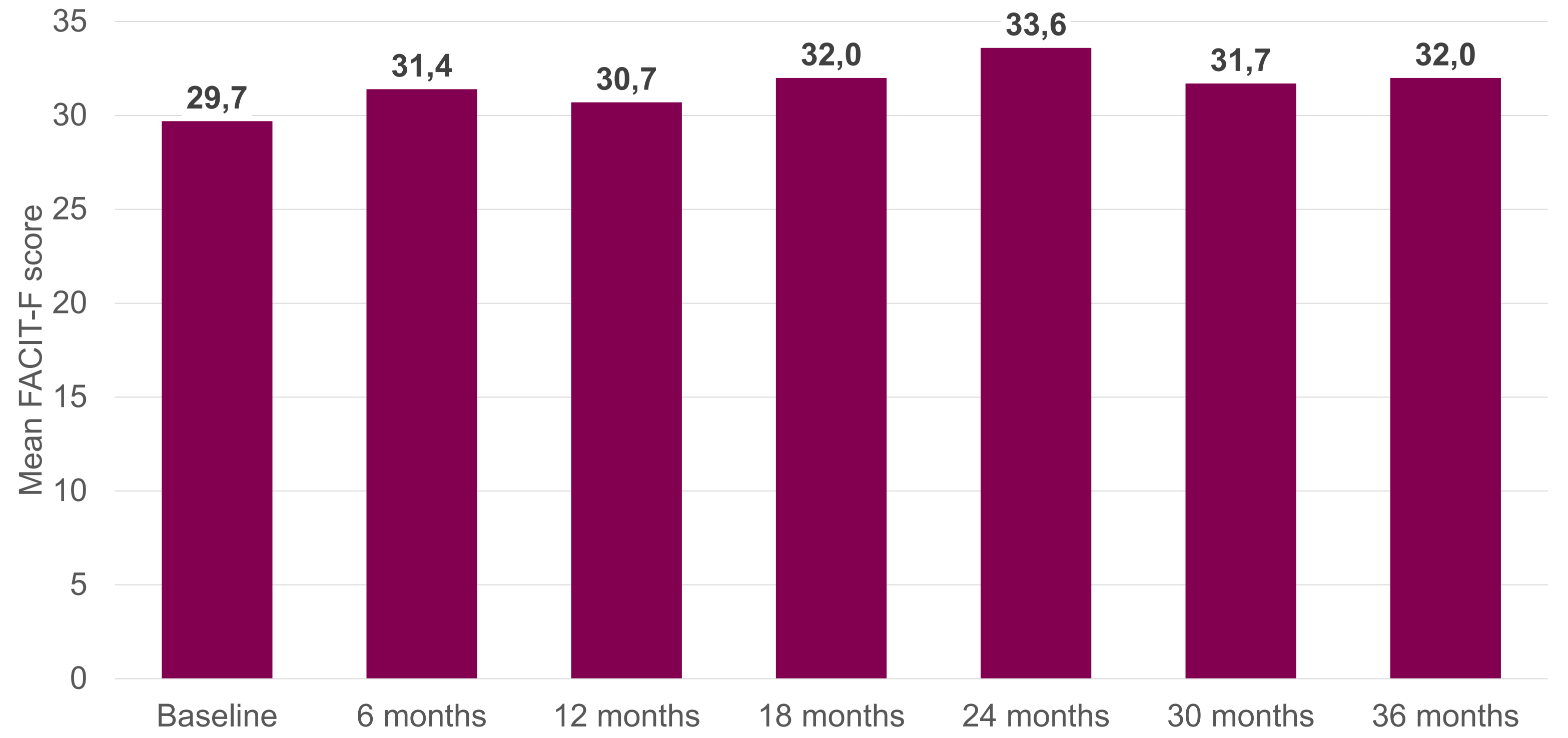
- At baseline, the mean (SD) PHQ-8 was 9.30 (5.92), **74% had results indicative of depression** (PHQ-8≥5) and among them, **47% had moderate-severe depression** (PHQ-8 ≥10) with consistent results over time (Figure 3).

Figure 3. Mean PHQ-8 score at baseline and during follow-up



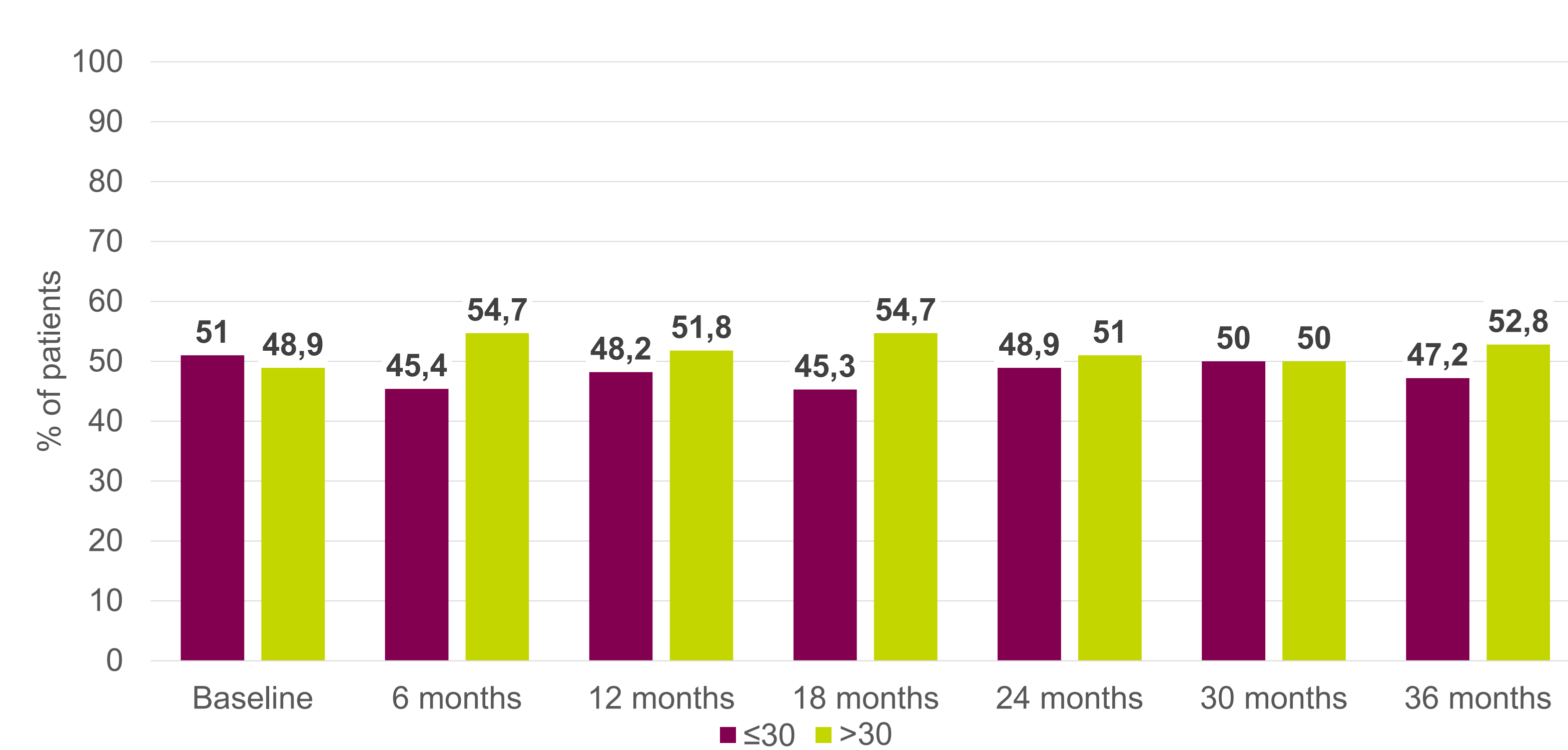
- At baseline, mean (SD) FACIT-F score was 29.7 (12.6), with no significant changes throughout the follow-up (Figure 4).

Figure 4. Mean FACIT-F score at baseline and during follow-up



- At baseline, **almost half of the patients (48.9%) reported high fatigue** (FACIT-F score >30). This proportion was **maintained for the duration of the study** (Figure 5).

Figure 5. % of patients according to FACIT-F category at baseline and during follow-up



Conclusions

- ✓ **Poor QoL is common in moderate to severe SLE patients in Spain.**
- ✓ **Most patients reported living with depression and fatigue.**
- ✓ **These data highlight the difficulty of positively impacting QoL with the standard of care.**
- ✓ **Understanding better the association between disease remission and improved QoL is needed.**