Patient Reported Attitudes Towards Multiple Sclerosis Treatment

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CONCLUSIONS

Understanding the quality-of-life impact of MS along with patient desired outcomes can help neurologists develop the most effective approach to treating patients. This includes listening to patient concerns about getting on DMTs, helping them weigh the concerns against benefits and educating them on the importance of treatments to slow progression rather than first waiting for MS to worsen.

BACKGROUND

Obstacles exist for getting patients on disease modifying treatments (DMTs) to slow progression. Understanding patient concerns can enable neurologists to help patients overcome barriers.

OBJECTIVES

Research was undertaken to better understand awareness, usage, and attitudes towards DMTs.

DESIGN/METHOD

In January 2024, an online survey was sent to US members of MyMSTeam. In total, 1294 members completed the

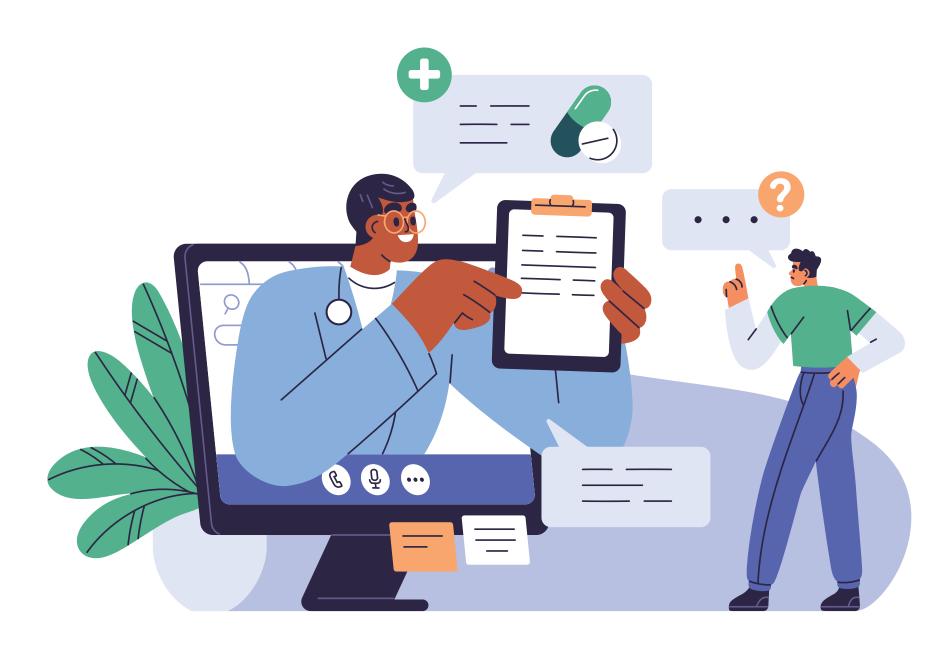
RESULTS

Only 18% of respondents rated their overall MS health as excellent or good. (Figure 1)

Most felt MS impacts quality of life (82%), including physical limitations (78%). **(Figure 2)**

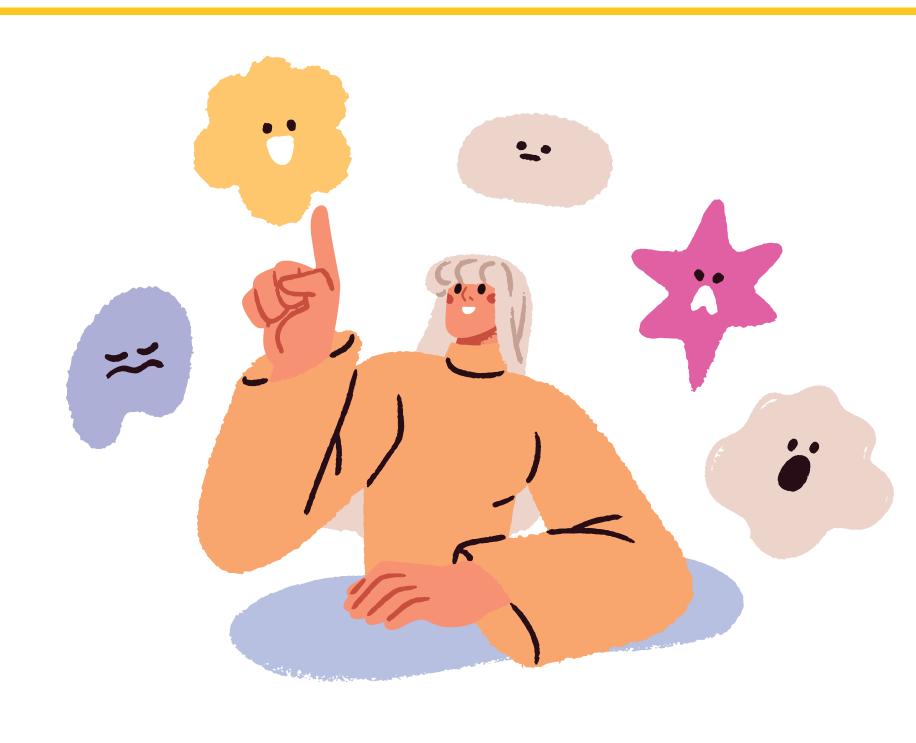
84% of these patients were taking non-DMT medications to address MS symptoms such as spasticity (43%), pain (40%), depression (38%), anxiety (32%), or fatigue (31%). (Figure 3)

A smaller number (60%) are currently on a DMT. An additional 24% had taken one or more DMTs previously but had stopped. (Figure 4)



These abandoners might consider going back on a DMT if their doctor recommends (45%), MS progresses (43%), or symptoms worsen (42%). (Figure 5)

The neurologist was paramount in patient's decision to start the current DMT (79%). Perceived efficacy (61%), insurance approval (53%), and convenience (46%) also mattered. (Figure 6)



Current users are satisfied with their DMT (71%), feel it is effective (69%), and find it tolerable (86%). Benefits include slowed progression (68%), preventing new lesions (56%), a decrease in relapses (48%), and preventing new symptoms (42%). (Figure 7)

Benefits are consistent with desired patient outcomes of a DMT. (Figure 8)

Patients who had never taken a DMT were concerned about the potential safety or side effects (39%), insurance/cost hurdles (19%), or inconvenience (14%). This cohort was most likely to consider starting on a DMT if their neurologist strongly recommended it (36%), if safety concerns were allayed (35%), or if MS started to worsen (35%). (Figure 9)



