

# Impact of dupilumab on mental health service utilization in patients with atopic dermatitis in a Colombian health insurance provider: an observational real-world practice study

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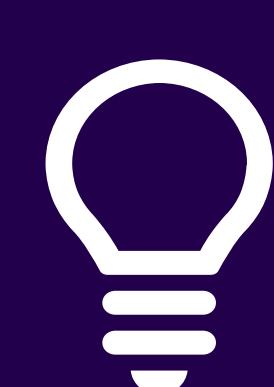
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## INTRODUCTION

Atopic dermatitis (AD) increases mental-health service utilization, yet real-world evidence of dupilumab's impact on mental healthcare resource consumption in Colombia and Latin America is limited.

## OBJECTIVE

To evaluate the impact of dupilumab on the use of mental health services in patients with AD.

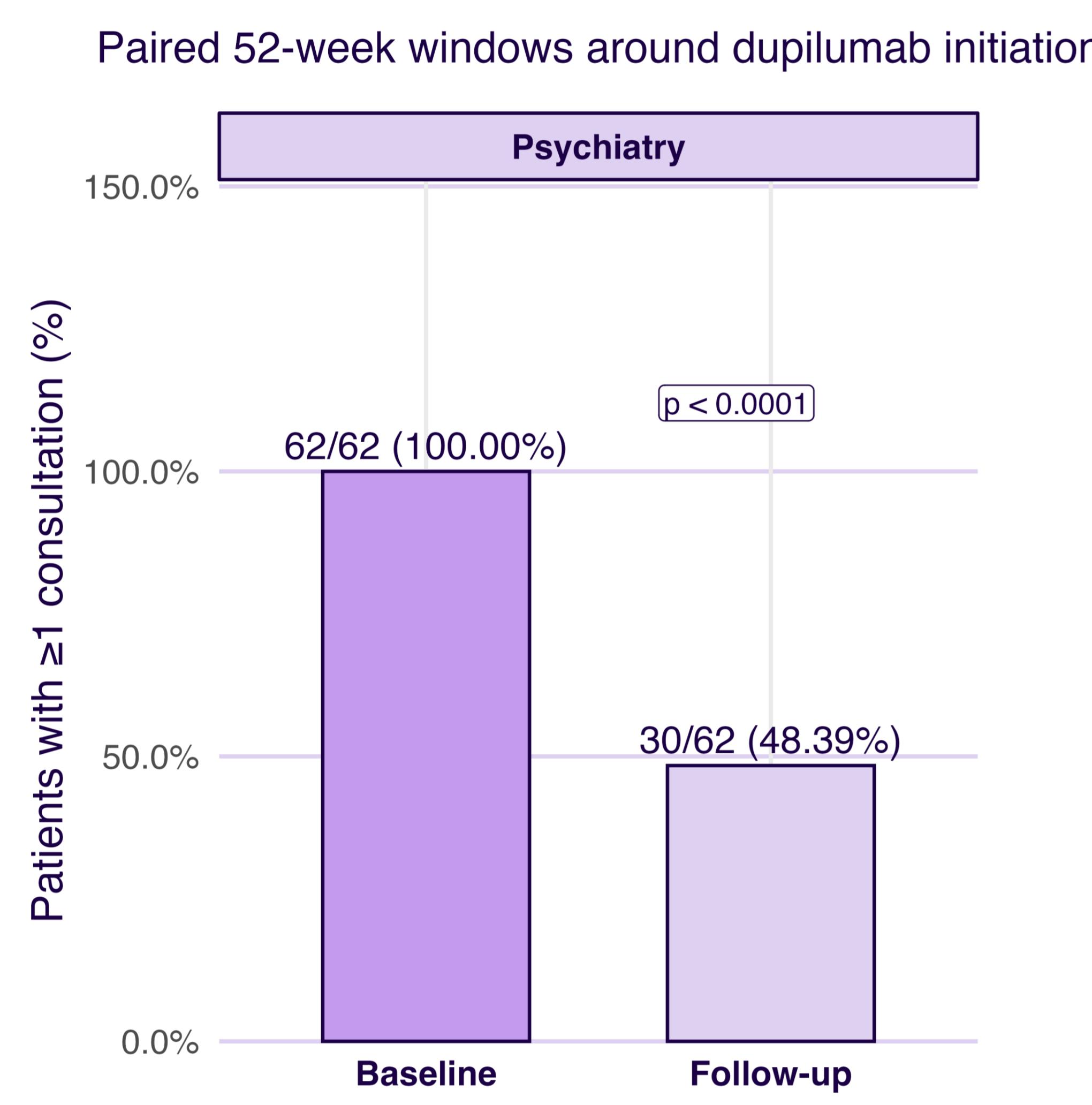


**POSTER HIGHLIGHT:** Dupilumab treatment reduced mental health service use, with substantial discontinuation of psychiatric/psychological care observed in patients with baseline mental healthcare utilization.

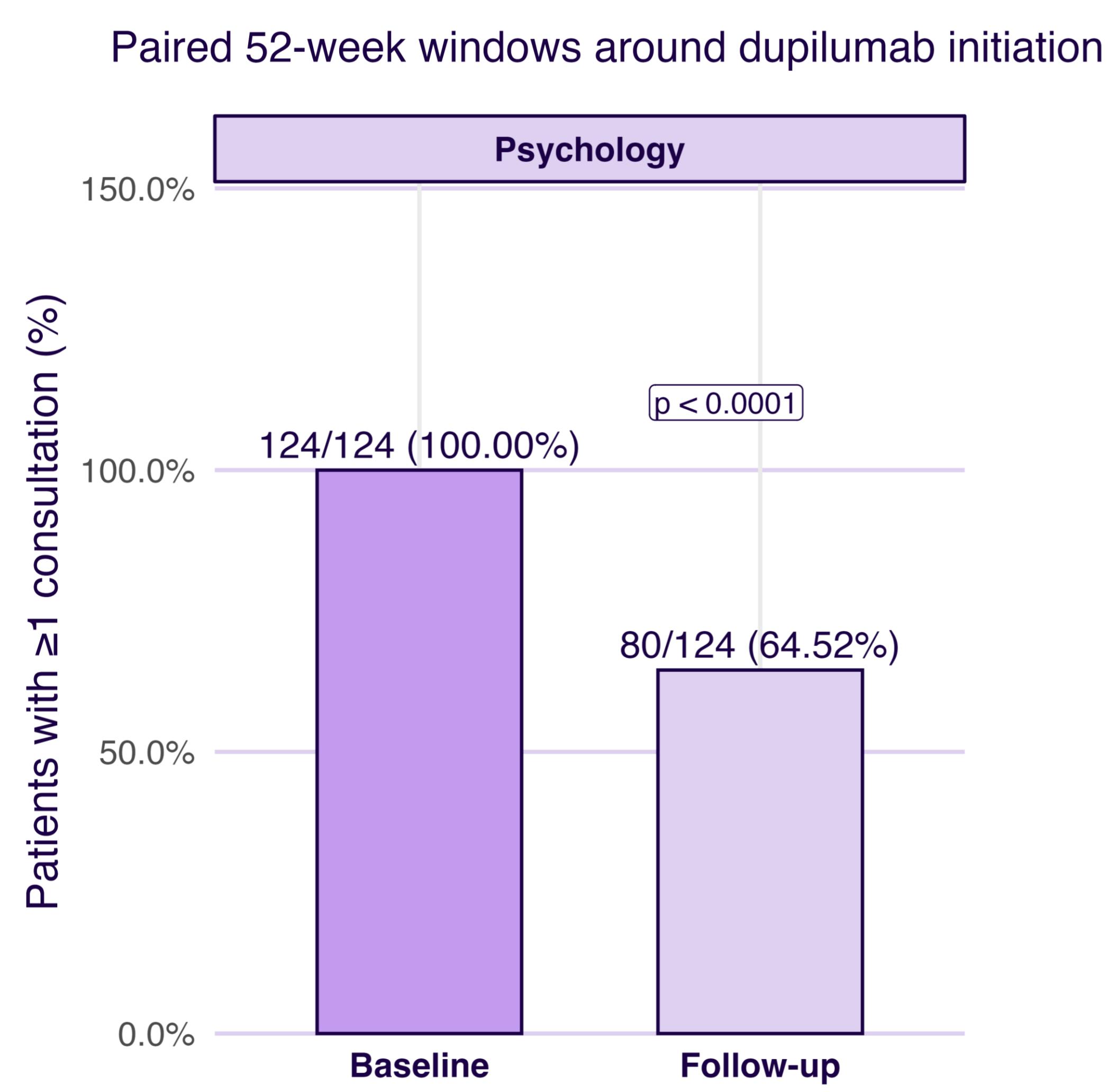
## METHODS

This retrospective cohort study analyzed electronic health records of Colombian AD patients receiving dupilumab through a health insurance provider (2018-2023), focusing on mental health service utilization. Clinical and sociodemographic data were collected from electronic medical records. Emergency Department (ED) visits for mood, anxiety, or stress-related disorders, psychiatric visits, and psychological consultations were compared 52 weeks before (baseline) and after (follow-up) dupilumab treatment initiation using the McNemar's test (significance:  $p < 0.05$ ).

**Figure 1: Psychiatry consultations - baseline users**



**Figure 2: Psychology consultations - baseline users**



## RESULTS

- Patient Characteristics and Baseline Mental Health Utilization:** The study examined 547 patients (51.9% male; median age 23 years) with allergic rhinitis (38.9%) and asthma (19.2%) as the most common comorbidities. At baseline, mental health service utilization included psychiatric services (11.3%), psychological services (22.7%), and psychiatric emergency department visits (0.9%), indicating modest engagement with mental healthcare resources.
- Psychiatric Service Continuity:** Among patients with baseline psychiatric visits (n=62), approximately half (48.4%) maintained continuity of care (exact OR=8.18;  $p < 0.0001$ ). Psychiatric emergency department utilization remained stable throughout the study period, suggesting that changes in outpatient psychiatric care did not impact acute service needs.
- Psychological Service Continuity:** For patients with baseline psychological visits (n=124), 64.5% continued treatment, though statistical analysis indicated significant discontinuation patterns (exact OR=11.43;  $p < 0.0001$ ). This finding suggests that while a majority of patients maintained psychological care, about one-third discontinued services during the follow-up period.

## CONCLUSIONS

- The implementation of dupilumab was associated with a favorable reduction in mental health service utilization, where 51.6% of psychiatric and 35.5% of psychology patients with baseline utilization no longer required continued care during follow-up.
- These findings suggest that treating the underlying condition with dupilumab may lead to improved mental health outcomes, reducing the need for psychological and psychiatric support in this population.

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