

Introduction

Dry eye is a chronic disease, affecting **up to 15%** of adults worldwide. It causes persistent ocular surface inflammation and damage, associated with **debilitating symptoms**<sup>1</sup> (e.g., pain, irritation, blurred vision, and visual fatigue), which significantly impairs **health-related quality of life** (HRQoL)<sup>2,3</sup>.

Despite its impact, the burden of DED remains insufficiently recognized, with **limited and adequate patient care**<sup>4,5</sup>.

Objectives

- To evaluate the **burden of DED** and its impact on **quality of life**
- To estimate a **utility score based on the severity of the disease** in adult DED patients in France

Methods

This multicenter, cross-sectional, observational study used both **DED-specific** (Ocular Surface Disease Index, OSDI) and **generic** (EQ-5D-5L) **patient-reported outcome** (PRO) measures. The main inclusion criteria were as follows:

- Adults (≥ 18 years) diagnosed with DED (based on DEWS II diagnosis methodology report<sup>6</sup>), and
- Newly diagnosed with DED, or
- Unsatisfied with current DED treatment, or
- DED but not treated for at least 1 month prior to inclusion

The **OSDI** is a widely recognized and validated questionnaire for assessing the severity of DED, with scores ranging from 0 to 100, with higher scores indicating greater disability. We classify disease severity into 3 subgroups to better reflect extreme symptoms burden: **non severe** (OSDI <33), **severe** (OSDI 33-59) and **very severe** (OSDI ≥60).

The **EQ-5D-5L** is a standardized and validated questionnaire used for the quality-adjusted life year (QALY). The model is recognized by the French Health Authority (HAS). It includes **5 dimensions** (anxiety/depression, mobility, pain/discomfort, self-care, usual activities), each rated on **5 levels of severity** (1=none; 5=unable to/extreme problems), producing a 5-digit code representing patient health state. It is then **converted into a single utility score** using the French value set<sup>7</sup>. This utility index is anchored **between 0 (death) and 1 (perfect health)**.

The **EQ-5D** visual analogue scale (**VAS**) **score** reflects the **global perception of health status** of patients with DED, ranging from **0** (worst imaginable health state) **to 100** (best imaginable health state).

Key results

- 134 DED adults** were enrolled
- Mean OSDI score was 47.1**
- Mean EQ-5D utility score was 0.84**
- Mean EQ-VAS score was 74.1**
- The mean utility score was **0.66** for **very severe DED patients**, **0.89** for **severe DED patients** and **0.94** for **non-severe DED** (p < 0.0001).
- Pain/discomfort and anxiety/depression** were the most impaired EQ-5D dimensions in patients with severe DED.

PATIENTS CHARACTERISTICS

