

# Validation of the Steroid PRO across international gastroenterology, respiratory and dermatology departments: Evaluating the effects of steroids on patients' health-related quality of life.

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## Aims:

The Steroid PRO is a treatment-specific patient-reported outcome measure designed and validated for patients with rheumatic conditions to assess the impact of glucocorticoids on health-related quality of life. This study examined the face and content validity, as well as the feasibility, of the Steroid PRO among patients and clinicians in dermatology, respiratory/pulmonology, and gastroenterology specialties.

## Methods:

Semi-structured online or face-to-face interviews were conducted with patients and healthcare professionals (HCPs) from the United Kingdom and the United States. Adapted cognitive interviewing techniques were used in conjunction with a structured data collection tool. Purposive sampling ensured a diverse range of participants, covering various demographics and disease characteristics for patients and different roles for healthcare professionals.

## Results:

Forty-five cognitive interviews were conducted, including 31 with patients and 14 with healthcare professionals (HCPs). The participants represented a diverse group with inflammatory lung, bowel, and skin diseases. For face validity, 97% (30 out of 31) of patients and 100% (14 out of 14) of HCPs found the Steroid PRO to be either "relevant" or "very relevant" to them and their conditions. Regarding feasibility, 97% (30 out of 31) of patients and 100% (14 out of 14) of HCPs reported that the Steroid PRO was either "easy" or "very easy" to complete.

Patients highlighted that the four domains of the Steroid PRO (Social Impact, Impact on Appearance, Psychological Impact, and Treatment Concerns) resonated with their experiences, feeling validated by seeing their concerns addressed:

"It's obvious you guys know what you're talking about - these are my issues. It's very validating when you realise it's not just you. These problems are real and they matter... These are not questions my doctor asks me about. Doctors never ask about psychosocial aspects. It would be really great if they used this." - Female with Asthma from the USA.

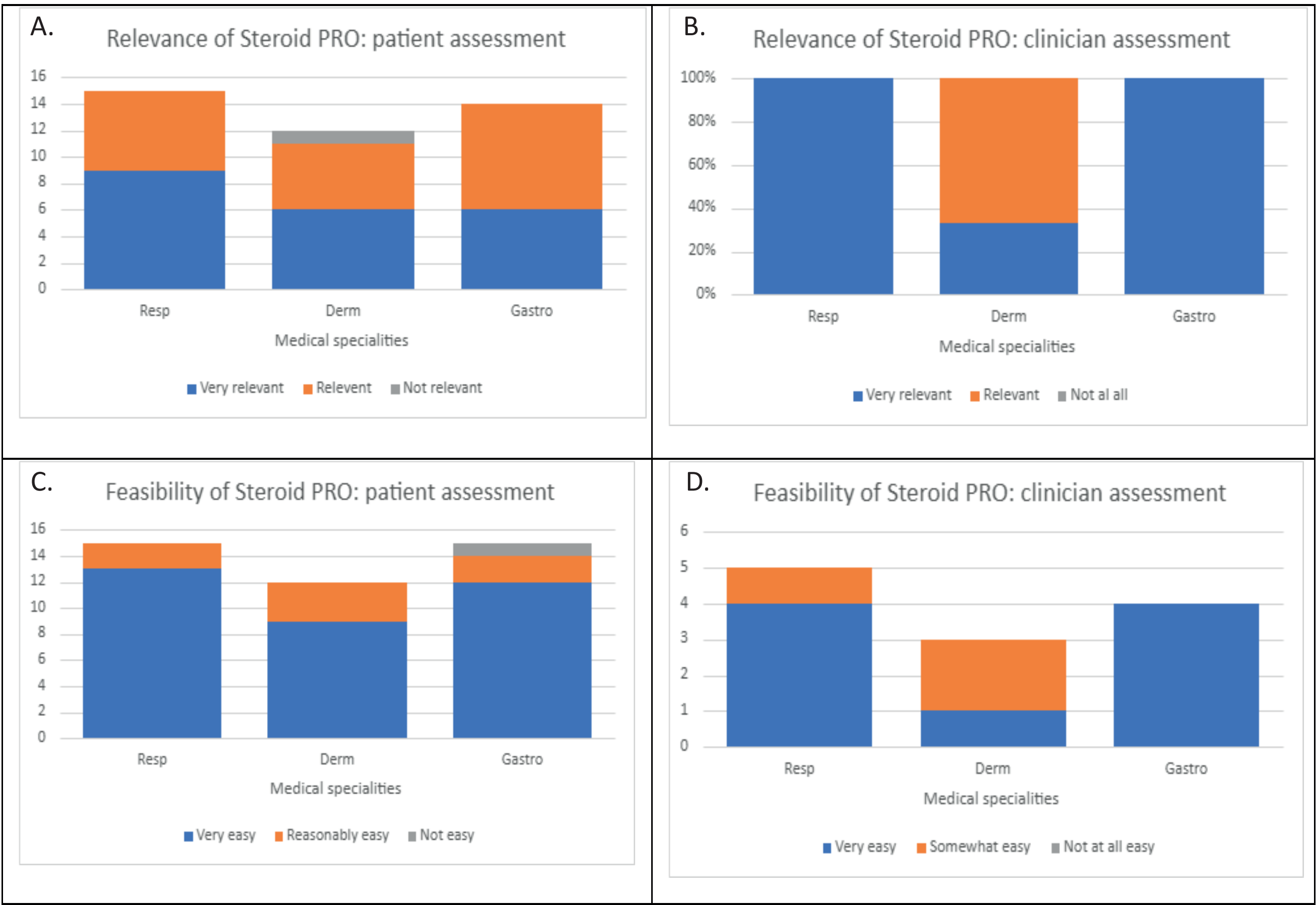


Figure 1: Assessment of the Steroid PRO by patients and clinicians in Respiratory, Dermatology, Gastroenterology. A. Patient assessment of relevance, B. Clinician assessment of relevance, C. Patient assessment of feasibility, D. Clinician assessment of feasibility.

## Conclusion:

The Steroid PRO demonstrates both Face and Content Validity, as well as Feasibility, among patients suffering from inflammatory lung, bowel, and skin diseases, and their corresponding healthcare professionals. Its application in clinical practice and research effectively captures the patient's perspective on the impact of glucocorticoids. Future work will involve psychometric testing in larger scale longitudinal studies in patients with a range of inflammatory conditions treated with glucocorticoids. Please contact the Steroid PRO team if you would be interested in collaborating in future validation studies.

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If you have any questions about the Steroid PRO or want to find out more about the research, please contact:

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