

Characterizing fatigue in US, European and Latin-American adults with relapsing multiple sclerosis: a real-world study conducted using a novel disease specific scale

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INTRODUCTION

Relapsing multiple sclerosis (RMS) is an inflammatory demyelinating disorder of the central nervous system and the **most common progressive neurologic disease** of young adults worldwide¹.

Fatigue is one of the **most common** symptoms of RMS and one of the main causes of patients' **quality-of-life (QoL)** impairment². Considering its **subjective** aspect, using **MS-specific patient reported outcomes** to characterize it would grant a better understanding of its impact on patients' QoL.

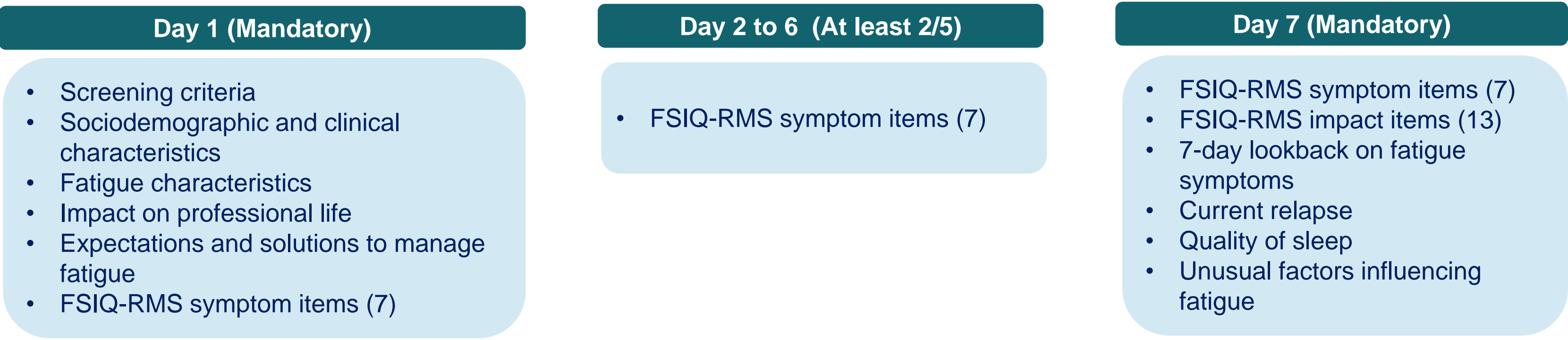
OBJECTIVE

This study aimed to measure **fatigue** in **RMS patients** from multiple countries using the **Fatigue Symptoms and its impact Questionnaire-Relapsing Multiple Sclerosis (FSIQ-RMS)**.

METHOD

- Non-interventional prospective study conducted via an online survey (**Carenity platform**)³.
- 722** ambulatory adult patients with **RMS** were recruited:
 - In the **United States (US)**, n=300, from March to September 2020
 - In **Europe (EU)** (United Kingdom, France, Spain, Germany, Italy), n=362, from November 2020 to March 2022
 - In **Latin America (LATAM)** (Mexico, Colombia), n=60, from December 2021 to March 2022
- They completed **demographic** and **clinical questionnaires** as well as the **FISQ-RMS**.
- The **20-item FSIQ-RMS assesses** fatigue symptoms, with a severity rated based on the mean of the **7-day symptom assessment**, and its impact on **3 domains**: physical, cognitive/emotional and coping. The **scores** range from **0** to **100** (higher score indicates greater severity).

Fig 1: Design: A non-interventional prospective study



RESULTS

- Mean age of respondents: 43 y/o
- Gender:
 - US: 88% women
 - EU: 86% women
 - LATAM: 77% women
- Most patients **were not relapsing** at the time of the survey

Fig 2: Percentage of US patients relapsing or not. (Similar figures in EU and LATAM (not relapsing 88%, 92%))

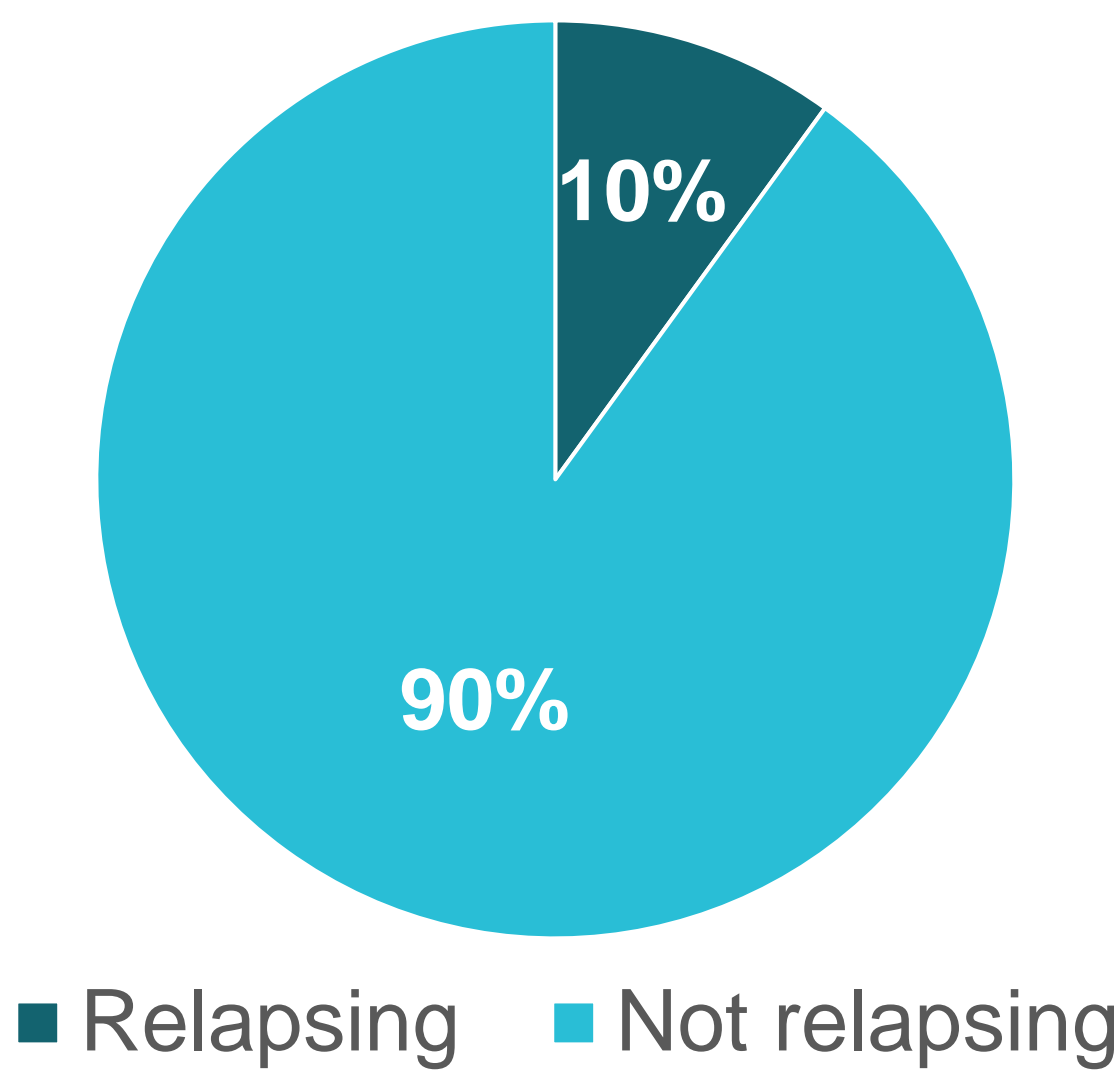
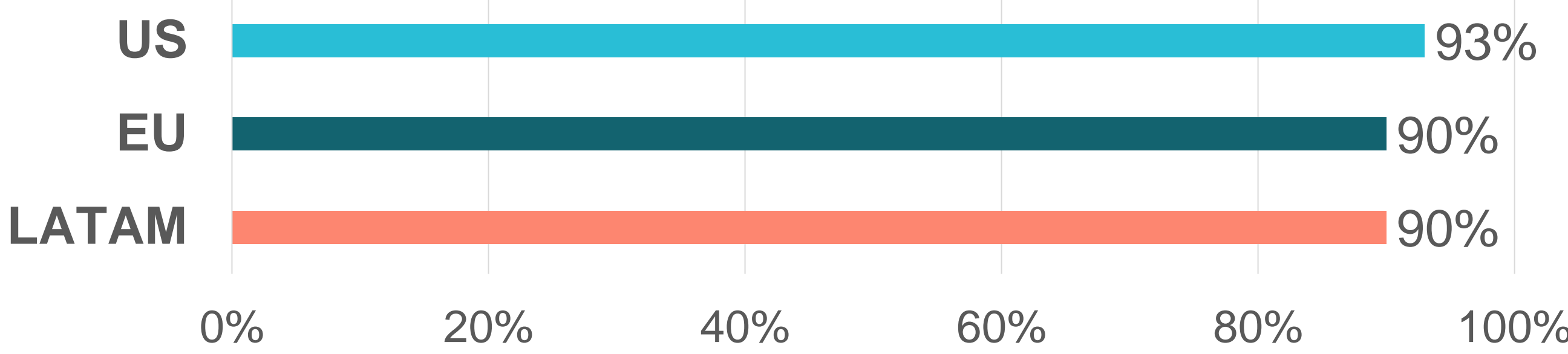


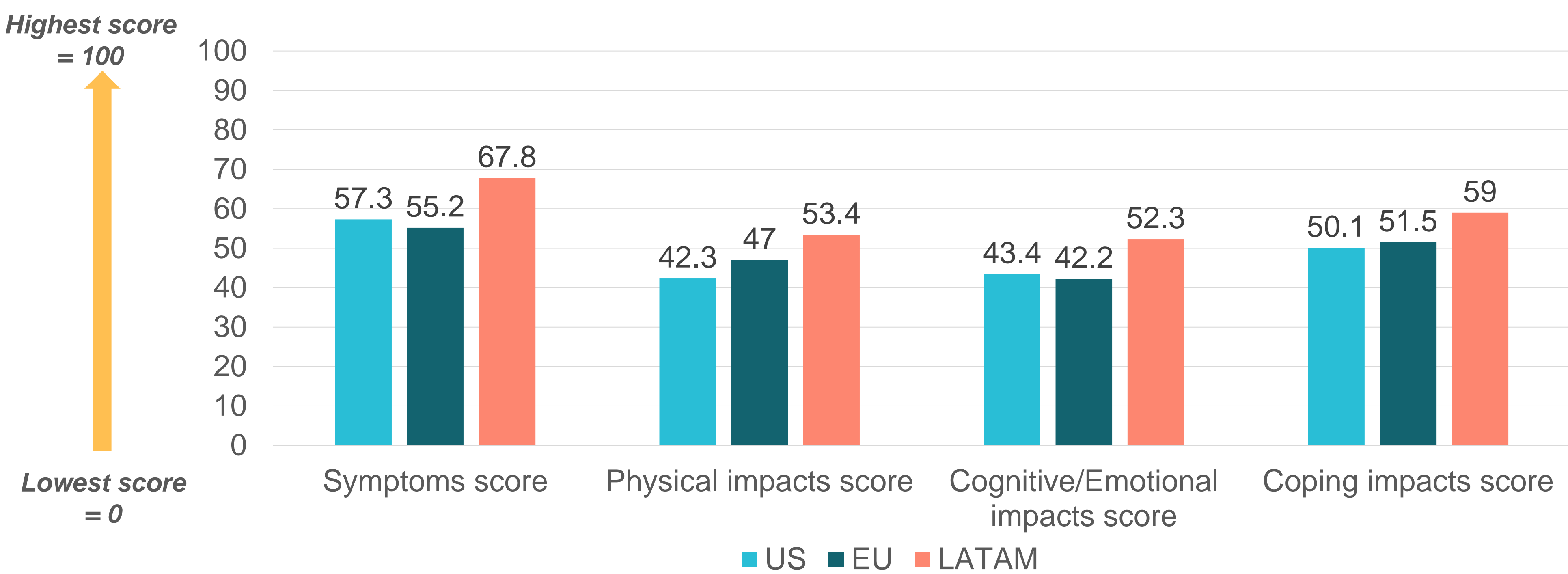
Fig 3: Percentage of patients with an impact of fatigue on their QoL



- Almost **all** patient (>90%) reported an **impact of fatigue** on their **quality of life**

- Results of **FISQ-RMS** indicated **high levels of fatigue** for patients with mean scores above 55 for fatigue symptom domain.
- Among the **fatigue-related impacts of RMS**, « coping impact » (motivation, napping, adapting plans...) was the domain with the **highest impact scores**

Fig 4: Symptoms score, physical impacts score, cognitive/emotional score and coping impacts score for US, EU and LATAM patients according to FSIQ-RMS tool.



CONCLUSIONS

- Even **outside of relapses**, almost all **RMS patients** reported their **quality of life being impacted by fatigue**.
- The use of a disease-specific tool, the **FISQ-RMS**, allowed a **better characterization** of this fatigue and its impact on three domains: **physical, cognitive/emotional and coping strategies**.
- The **FISQ-RMS** results indicated an **overall high impact of fatigue** on all domains assessed.
- Results were mostly **similar** across **US, EU and LATAM** respondents.

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- www.carenity.com

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