

### Frequently Asked Questions About Psoriasis

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**Q.** What are some effective tools for improving patient adherence?

**A.** Poor treatment adherence is not necessarily deliberate; some patients are just busy and forgetful. Memory tools and behavioral cues can help these patients take their treatment consistently as prescribed. Detailed schedules, regimen charts, medication boxes, timers, and phone alarms can improve adherence in patients with psoriasis.

Encourage patients to join the NPF, which has a wealth of resources and tools that can help them manage their disease and better cope with psoriasis or PsA.

**Q.** What is the relationship between stress and exacerbation of psoriasis?

**A.** For 60% of patients with psoriasis, emotional distress and stressful life changes contribute to disease onset and exacerbation. Stress arises from embarrassment about the visibility of the disease; worry about disease recurrence; and financial strains related to treatment cost, missed work time, and decreased productivity while at work. Patients also experience frustration with ineffectual treatments, with 32% of patients indicating their current treatments are not aggressive enough. Clinicians can monitor these emotional concerns, in addition to disease activity, to ensure the patient's treatment needs are being met.