

Are we all corticophobic?

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In a survey with 4000 mothers by the French Mother Institute:

- 95% of mothers with children suffering from Atopic Dermatitis (AD) expressed satisfaction with the effectiveness of topical corticosteroid treatments
- 55% using corticosteroids try to limit the number of treatments, their duration, the amount of treatment,

Pharmacists' knowledge about use of topical corticosteroids is low:

- There is some significant knowledge gaps concerning the use and safety of topical corticosteroids in pediatric patients according to Australian pharmacists.
- Such gaps might lead to poor treatment concordance, affecting the care children receive.

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Topical Corticosteroid (TCS) phobia : **all types of fear related to topical steroid use**

Topical corticosteroids (TCS) form the mainstay of the treatment for Atopic Dermatitis, .

- Fear about TCS: **70%** of patients
- Noncompliance because of fears: **24%** -*Charman CR. Br J Dermatol. 2000*

*Everywhere, patients express **fear** or **anxiety** about using TCS
TCS phobia may lead to poor adherence and treatment failure.*



Advice given by the pharmacist to the atopic patient/parent when dispensing corticosteroids

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Recommendations given by pharmacists contradict current medical recommendation

and contribute to poor local treatment adherence in atopic dermatitis patients, according to this real-world evidence study



Topical corticosteroid phobia in atopic dermatitis: a study of its nature, origins and frequency

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- *TCS phobia is a complex phenomenon*
- *Yes-or-no responses are too simplistic and cannot detect different types of fears or their intensities*

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PLOS ONE

TOPICOP©: A New Scale Evaluating Topical Corticosteroid Phobia among Atopic Dermatitis Outpatients and Their Parents

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TOPicalCOrticoPhobia Score: TOPICOP

	<i>Questions</i>	<i>Dimensions</i>
1	<i>TCS pass into the bloodstream</i>	Knowledge/ Beliefs
2	<i>TCS lead to infections</i>	
3	<i>TCS make you fat</i>	
4	<i>TCS damage your skin</i>	
5	<i>TCS will affect your future health negatively</i>	
6	<i>Using TCS can lead to asthma</i>	
7	<i>I'm afraid of putting TCS cream on certain zones like eyelids</i>	Fears
8	<i>I don't know of any side effects but I'm still afraid of TCS</i>	
9	<i>I'm afraid of applying too much TCS cream</i>	
10	<i>I wait as long as I can before treating with TCS</i>	Behaviour
11	<i>I stop the TCS treatment as soon as I can</i>	
12	<i>I need reassurance about TCS</i>	

Your answer for each question:

Not at all
 Not really
 To some extent
 Absolutely
 I do not understand the statement



Conclusion 1

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- This international survey demonstrated that the 12-item questionnaire (TOPICOP) presents a good comprehensibility, acceptability and feasibility for around 80% of answers despite linguistic and cultural differences.
 - For the first time, we can confirm this worldwide phenomenon using the same corticophobia questionnaire.



Conclusion 2

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- This **qualitative** score allows the caregiver to easily identify the factors behind a corticophobic patient.
 - The fact that fears and behavior can diverge means that **all the dimensions** of corticophobia have to be detected.
 - Caregivers could thus propose more personalized and convincing discourse to the patient.

