### Are we all corticophobic?

Jean-Francois Stalder-Nantes- France

## 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.





# Are we all corticophobic?

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

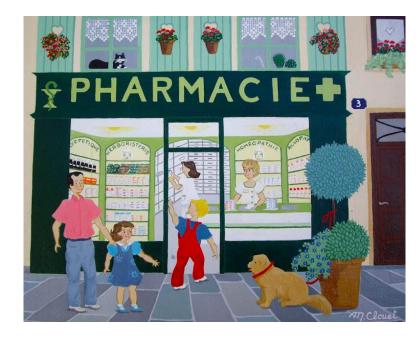
Everywhere, patients express **fear** or **anxiety** about using TCS TCS phobia may lead to poor adherence and treatment failure.

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

https://doi.org/10.1016/j.jdin.2021.04.005

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

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#### TOPIcalCOrticoPhobia Score: TOPICOP

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

 $\square$  Not at all  $\square$  Not really  $\square$  To some extent  $\square$  Absolutely  $\square$  I do not understand the state med

Your answer for each question:

### Conclusion 1

- This international survey demonstrated that the 12item 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

- 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.

