

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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CONTEXT & OBJECTIVES

Fatigue is one of the most common symptoms of **relapsing multiple sclerosis (RMS)**.² Considering its subjective aspect, using **MS-specific patient reported outcomes** to characterize it would grant a better understanding of its impact on **patients' quality of life (QoL)**.^{3,4}

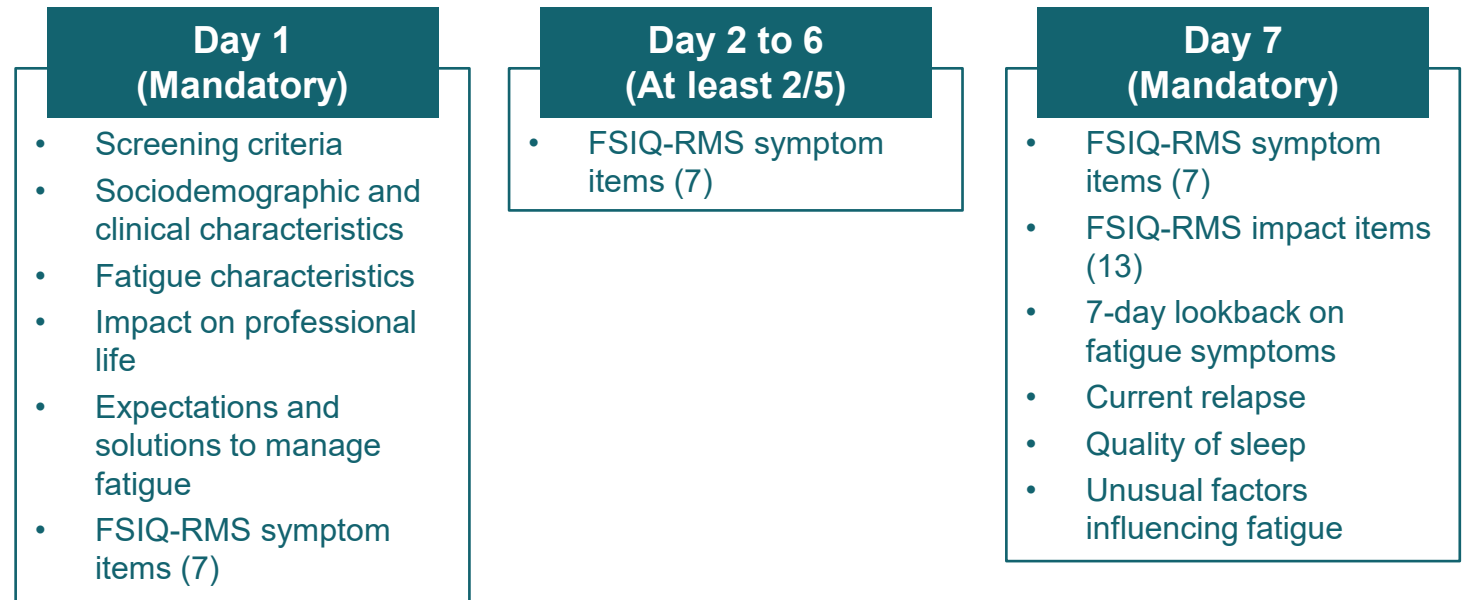
This study aimed to **measure fatigue** in RMS patients from multiple countries using the **Fatigue Symptoms and its Impacts Questionnaire-Relapsing Multiple Sclerosis (FSIQ-RMS)**.

METHODS

Data Collection:

- US: March 17th - September 27th 2020
- EU5: November 3rd 2020 - March 17th 2022
- LATAM: December 15th 2021 - March 15th 2022
- **Adult patients** from the **US (n=300)**, **EU (n=362)** and **LATAM (n=60)** recruited via an **online questionnaire**.
- Self-reported data were collected via an online patient community of patient with MS (**Carenity platform**).
- The **20-item FSIQ-RMS** addresses **MS fatigue**, rated for **severity** based on the mean daily ratings over 7 days, and the corresponding impacts of fatigue on 3 subdomains: physical, cognitive/emotional, and coping.
- The **FSIQ-RMS domain scores range from 0-100** (higher score=greater severity).
- **FSIQ-RMS were compared to a 7-day lookback scores** using Pearson's correlation coefficient (r) for all regions.

Fig 1: Design: An ongoing, non-interventional, prospective study



References: 2. Flensner G, BMC Public Health. 2013;13:224; 3. Hudgens S. Value Health. 2019;22(4):453-466; 4. Food and Drug Administration. Guidance for Industry. Patient-reported outcome measures: use in medical product development to support labeling claims. <http://www.fda.gov/downloads/Drugs/Guidances/UCM193282.pdf>

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RESULTS

Patient profile

- Mean age: 43y/o
- Gender:
 - US: 88% women
 - EU: 86% women
 - LATAM: 77% women

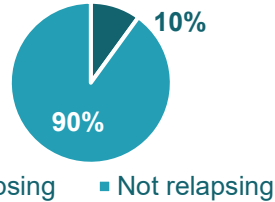


Fig 2: Percentage of US patients relapsing or not. (Similar figures in EU and LATAM (not relapsing 88%, 92%))

Impact of fatigue

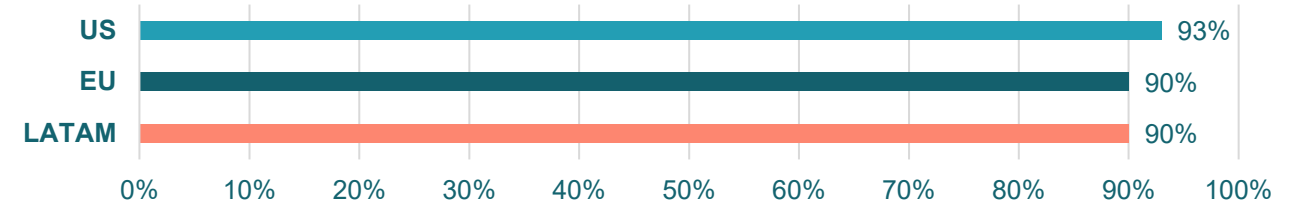


Fig 3: Percentage of patients with an impact of fatigue on their QoL, almost all patients reported being impacted on their QoL by fatigue.

FSIQ-RMS score summary

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. Overall high score reported, especially for coping impact score and symptoms score.

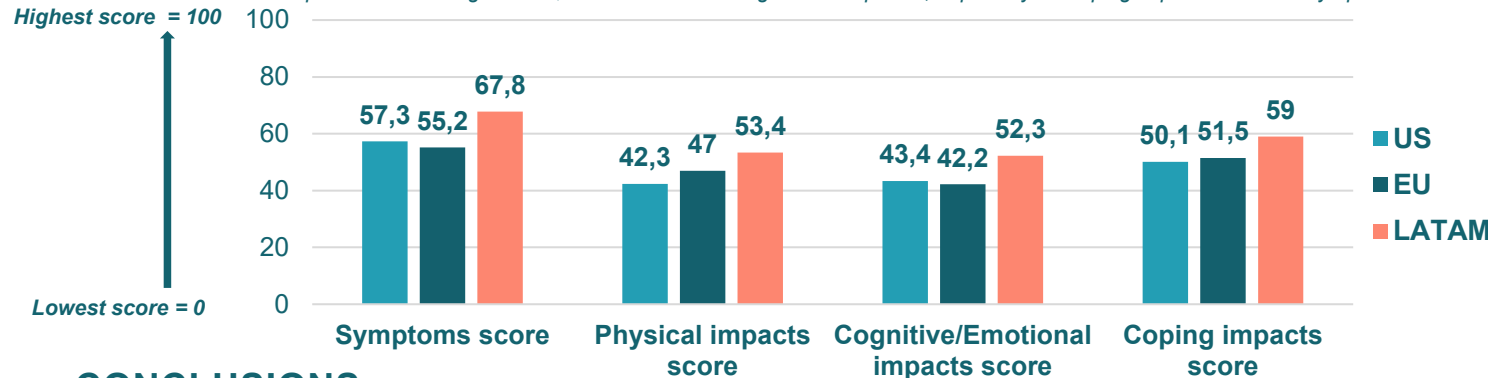
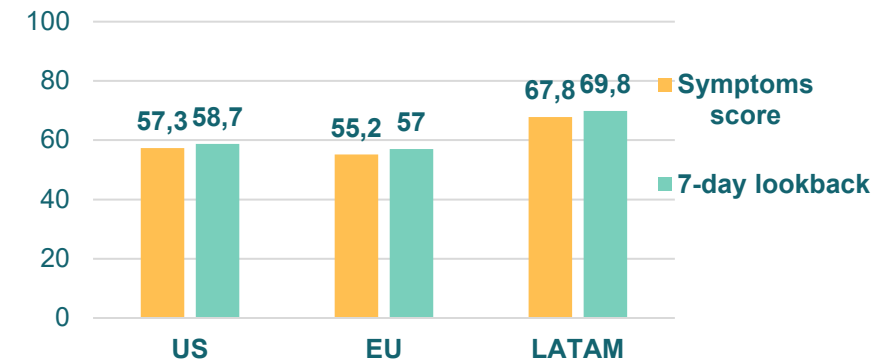


Fig 5: FSIQ-RMS symptoms daily assessment and 7-day lookback. High similarity between the FSIQ-RMS daily symptom score and its 7-day retrospective assessment (r close to 1).



CONCLUSIONS

- Using an **RMS specific tool**, the **FSIQ-RMS**, this survey helped quantify the **severe levels of fatigue** experienced by a **multi-country cohort of RMS patients**, even outside of relapses. Plus, given the **high similarity** between the **FSIQ-RMS daily symptom score** and its **7-day retrospective assessment** in different regions, the results suggest that the **7-day lookback assessment is reliable**.
- However, it is important to note a few **limitations**: in this type of study, there is a **severity bias**, as patients with a greater impact tend to participate more, which may explain the relatively high level of fatigue.
- These findings provide new insights into patients' perspective on the **impact of fatigue-related symptoms** and supports the **integration of patient-reported instruments into clinical practice**.