

SKIN INSIGHTS SURVEY

Steroid Perceptions

Among Adults & Parents of Children with Chronic Inflammatory Skin Diseases

~46 million
Americans live with



atopic dermatitis (eczema)



seborrheic dermatitis



plaque psoriasis

Arcutis Biotherapeutics commissioned a nationwide survey in collaboration with the **National Eczema Association** and the **National Psoriasis Foundation** to explore real-world challenges among adults and parents of children with chronic inflammatory skin diseases.

The findings underscore the **need to move beyond reactive flare control toward proactive disease management** and redefine the standard of care.

The survey was designed to assess perceptions and behaviors around topical steroid use as well as attitudes toward short-term, reactive treatment versus long-term, proactive disease management.

1,000 adults
and

500 parents
of children

The survey was conducted among adults and parents of children with one of these three conditions, all of whom had used a topical steroid at one point in their lives.

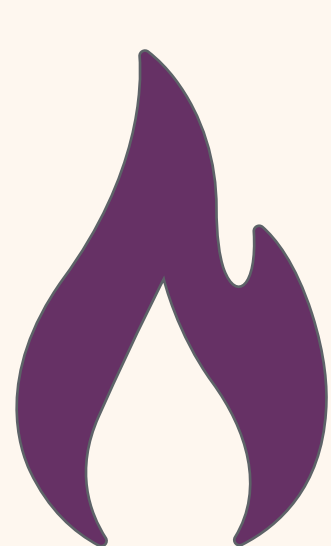
Frequent, uncontrolled flare cycles typically treated reactively



Adults and children with these three inflammatory skin conditions suffer from uncontrolled flare cycles.

72% of adults

80% of children experienced uncontrolled disease at least once a month and some as often as daily.



Nearly 8 in 10 (79% of adults; 78% of parents)

agreed that their/their child's treatment plan focuses on taming a sudden worsening of symptoms, or flare, rather than on long-term disease management.

Flares take emotional, mental & social toll on daily lives

When their skin disease is uncontrolled, adults and children have experienced feelings of:



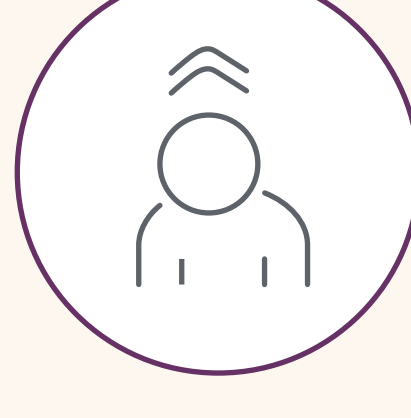
discomfort throughout the day (**65% of adults; 72% of children**)



frustration (**56% of both groups**)



embarrassment or self-consciousness (**54% of adults; 58% of children**)



anxiety (**52% of adults; 44% of children**)



being uncomfortable in public or social settings (**55% of both groups**)

In addition, due to their skin condition being uncontrolled:

Nearly half

(**47% of adults; 51% of children**) have avoided meeting up with a friend



And 43% of children have avoided sports practice or a game, while **54% of children** have avoided school



Worry remains even when skin appears under control



More than half:

- feel self-conscious about scarring or scratches from the last time it was uncontrolled (**59% of adults; 61% of children**)
- experience anxiety about when it will become uncontrolled again (**57% of adults; 55% of children**)

Continued concerns and uncertainty with topical steroid use

Nearly 9 in 10

88% of adults

91% of parents

are concerned about at least one short- or long-term side effect of topical steroids, including:



skin thinning (59% of adults; 55% of parents)



lightening of the skin/ hypopigmentation (46% of adults; 51% of parents)



acne (36% of adults; 35% of parents)



Despite these concerns, **nearly half (48% of adults; 45% of parents)** agree they are hesitant to raise concerns with their/their child's healthcare provider about the long-term use of topical steroid medication.

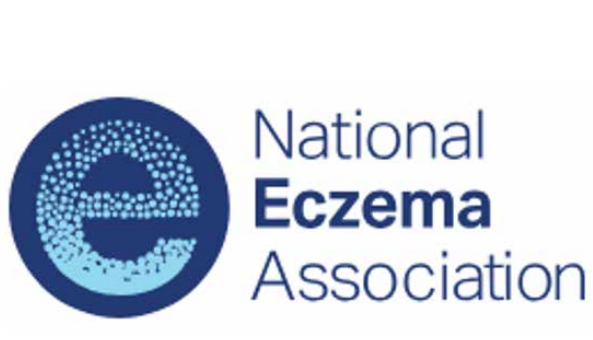
Opportunity to seek more than quick fixes

Talk to your or your child's healthcare provider about safe and effective, long-term treatment options that are not steroids.

To learn more about eczema, seborrheic dermatitis, and plaque psoriasis and how we are advancing meaningful innovation and **empowering the inflammatory skin disease community**, please visit:



Arcutis.com



Nationaleczema.org



Psoriasis.org

About the Survey

The online survey was conducted by Wakefield Research on behalf of Arcutis Biotherapeutics among:

- **1,000 U.S. adults** (18+) diagnosed with eczema (atopic dermatitis), seborrheic dermatitis, or plaque psoriasis who have been prescribed a topical steroid at one point in their lives.

- **500 parents of children** diagnosed with eczema (atopic dermatitis) ages 6+, seborrheic dermatitis ages 9+, or plaque psoriasis ages 6+, and whose children have been prescribed a topical steroid at one point in their lives.

The survey was conducted August 2025 through September 2025.