

# Journey of MS Patients in Turkey; A Questionnaire Based Survey - Injection Use Satisfaction

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## INTRODUCTION:

Multiple sclerosis (MS) is a chronic immune-mediated disorder of the central nervous system that is characterized by inflammation, demyelination and degenerative changes, including neuroaxonal loss and progressive atrophy. There are many disease-modifying therapies (DMTs) indicated for patients with RMS/RRMS. Decisions regarding the optimal DMTs for patients with RMS/RRMS are informed by numerous factors including the level of disease activity and other patient characteristics, the relative efficacy, tolerability and safety of therapies, and the likelihood of adherence and access to therapies.

## OBJECTIVE:

Multiple sclerosis (MS) is a chronic neurodegenerative disease that significantly impacts young adults' disability. Our goal is to determine the current treatment status of patients and their expectations for SC treatment.

## METHOD:

### Study population:

A total of 2176 MS patients aged >18 years participated on a voluntary basis in this cross-sectional questionnaire survey conducted in col-

laboration with Turkish Society of Multiple Sclerosis between November 11, 2022 and December 16, 2022 in 79 provinces across Turkey and Turkish Republic of Northern Cyprus.

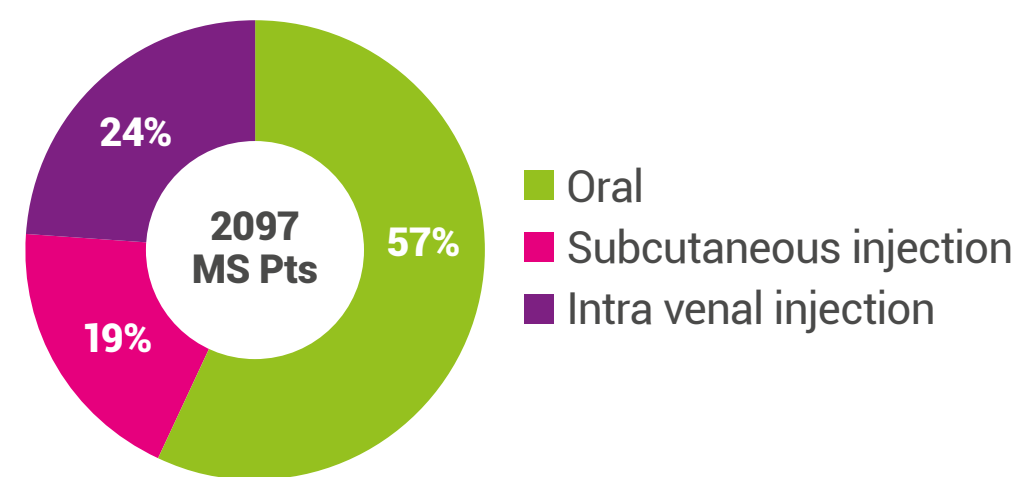
Written informed consent was obtained from each subject following a detailed explanation of the objectives and protocol of the study which was conducted in accordance with the ethical principles stated in the "Declaration of Helsinki" and approved by the institutional ethics committee.

### Questionnaire form

The questionnaire form elicited items on sociodemographic characteristics, disease-related characteristics, first-admission characteristics, treatment characteristics, follow up characteristics and awareness regarding disability scores. The questionnaire form was online and self-completed through the social media platform of the Turkish Society of Multiple Sclerosis.

## RESULTS:

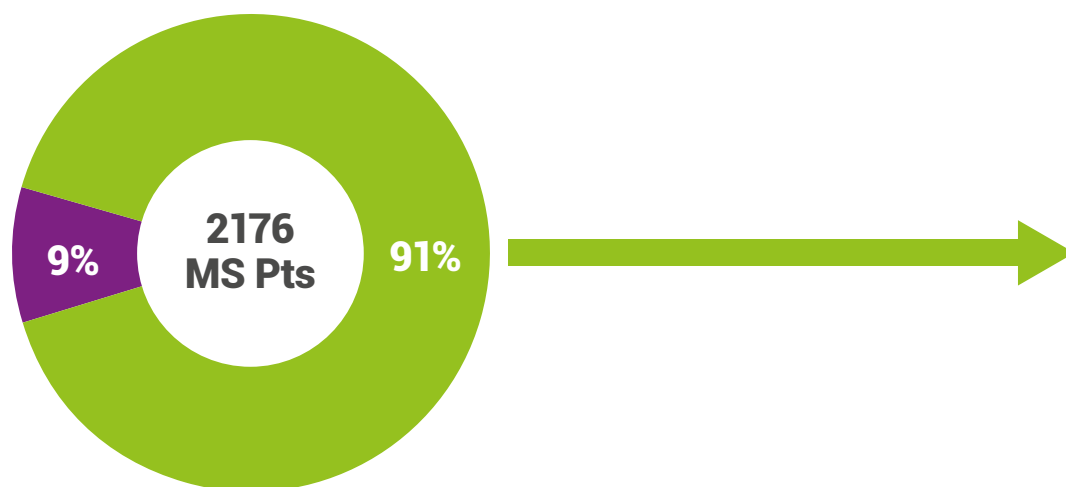
### Distribution of MS Type



**Figure 1:** Among the 2097 MS patients under treatment, 57% stated that they receive oral treatment, 19% receive subcutaneous injection treatment, and 24% receive intravenous injection treatment.

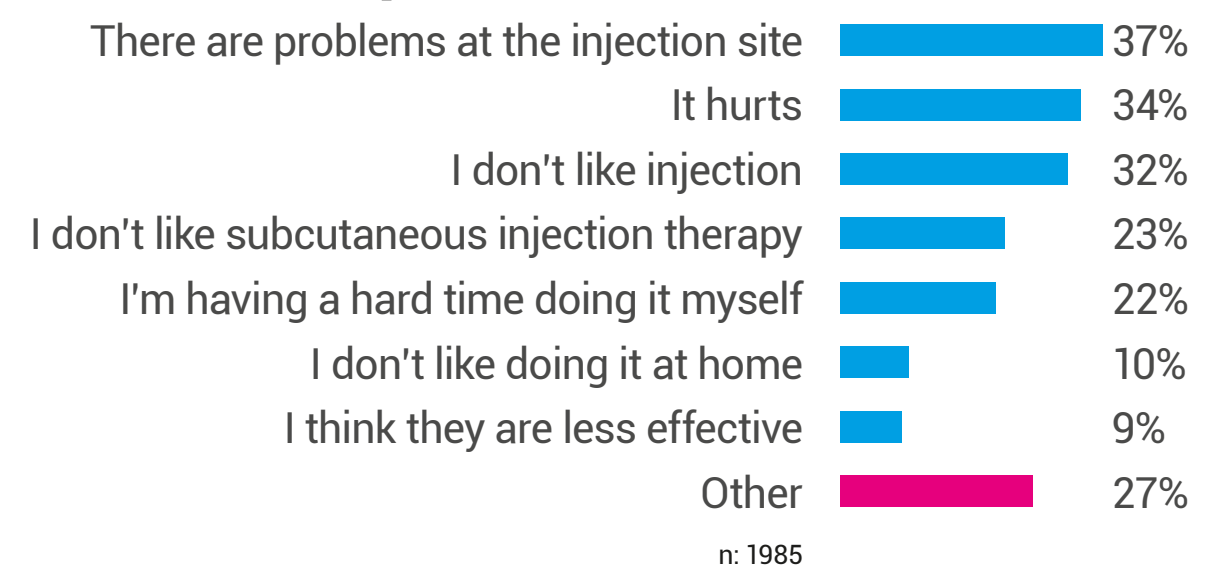
### Subcutaneous injection frequency preference

- I would prefer the less frequent subcutaneous injection
- I would prefer the more frequent subcutaneous injection



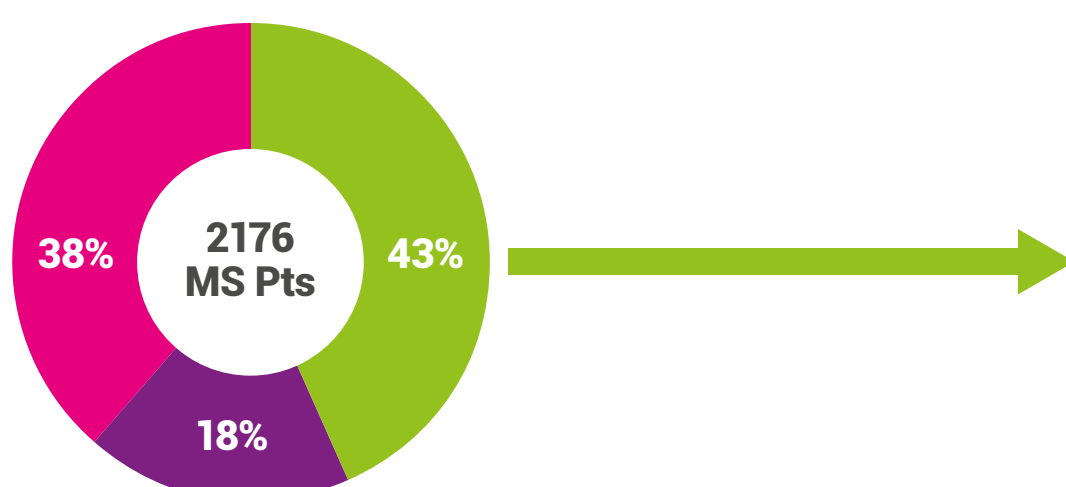
**Figure 2:** More than 9/10 of MS patients prefer subcutaneous injection as it requires less frequent application. Patients prefer less frequent application for different reasons, including problems at the injection site, pain during injection, and dislike of needles.

### Reason for not preferring SC injection the more frequent



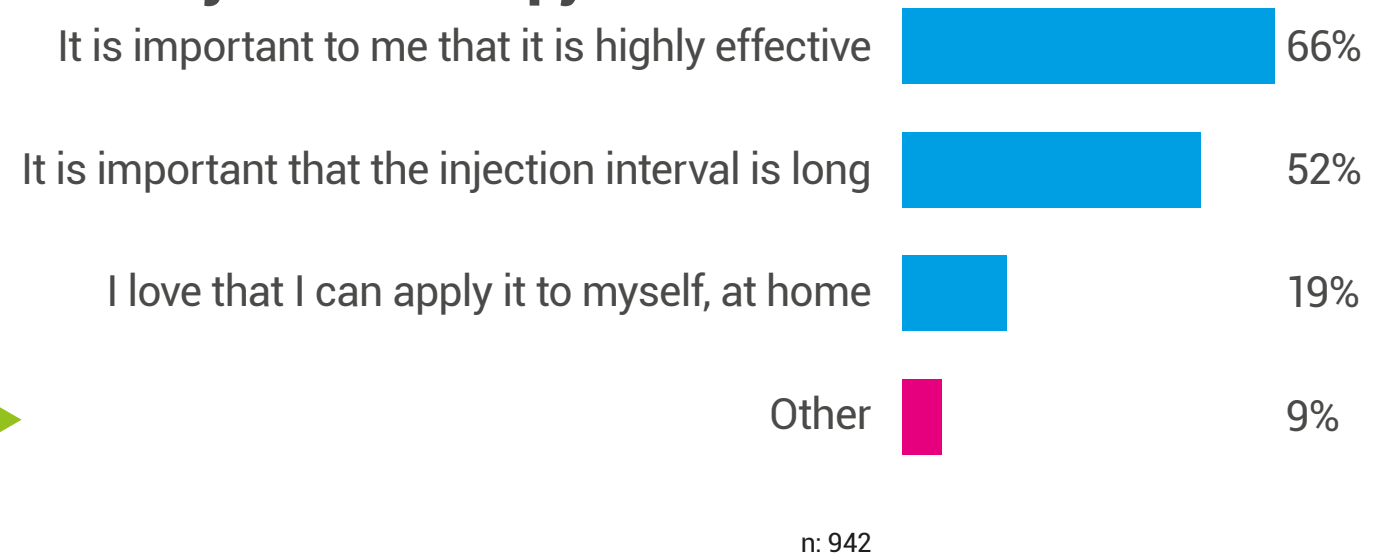
### High Effective SC injection therapy once a month

- I would prefer highly effective SC injection treatment
- I would not prefer highly effective SC injection treatment
- I don't know / I'm not sure



**Figure 3:** Patients with MS have expressed a dislike for frequent injection treatments. Instead, 43% of them prefer highly effective subcutaneous injection treatments that can be administered once a month. 66% of these patients have said that they follow their physician's recommendation due to the high effectiveness of the treatment. Injection intervals are important to more than half of these patients, and 19% of them prefer to self-administer the treatment at home.

### Reason for preferring high effective SC injection therapy



**CONCLUSION:** As a result, most of the MS patients prefer highly effective injection treatments as infrequent applications, but about 10% of them do not prefer it despite all these positive aspects, mostly citing IRRs as the reason. This study shows that today there is a need for highly effective treatments that are easily applicable, well tolerated and have a low IRR.

**DISCLOSURES:** The study was funded by Novartis Pharma AG, Istanbul, Turkey.

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