

**Abstract N°: 7800****Factors influencing the decision over systemic therapy and goals of therapy for atopic dermatitis**

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Introduction & Objectives: Atopic dermatitis (AD) impacts various aspects of patients' lives including personal life, psychological aspects/disturbances (e.g., depression, anxiety, or even suicidal thoughts), school, and work-related activities, including career advancement. The quality of life for patients with AD is significantly affected by the disease, with the extent of the impact largely dependent on its severity. The aim of this review is to identify and present the latest available information on AD patients' problems related to their disease in daily life, goals of therapy, and deciding factors regarding standard/advanced systemic therapy.

Materials & Methods: We analysed literature data on factors influencing the decision over systemic therapy and goals of therapy for AD, and took into account data published in prominent medical databases during the period between 2013 and 2024. in the PubMed, Web of Science (WOS) and Scopus databases.

Results: Current guidelines and systematic reviews support the safety and efficacy of systemic therapy including conventional drugs (cyclosporine, methotrexate, and azathioprine), biologics (dupilumab and tralokinumab), and JAK inhibitors (baricitinib, upadacitinib, and abrocitinib) recommended for treating moderate and severe AD. Recently, additional biologics have been evaluated in clinical trials, including lebrikizumab, nemolizumab, eblasakimab, and OX40/OX40L, among others. Thus, AD patient management and decisions regarding advanced/systemic therapy are complex-requiring the consideration of multiple disease-related factors: disease severity, patient medical history and comorbidities, previous topical therapy use, patient preferences, expectations and fears, pregnancy planning, impact on related risks and any associated psychological or psychiatric issues.

Conclusion: Available data indicate the importance of a personalized, stepwise, and multidisciplinary approach which promotes patient compliance, satisfaction with therapy, and increased engagement, leading to a better patient outcomes. In addition, the most recently suggested approach to treating AD patients suggests focusing on therapy that targets and achieves minimal disease activity (MDA), where therapy decisions are informed by both the patient and the clinician.

