

Lebrikizumab in moderate-to-severe atopic dermatitis: real-world patient-reported outcomes & mHealth engagement on the NAVETA ePROM platform

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WHY

Lebrikizumab is a selective **IL-13 inhibitor** for moderate-to-severe atopic dermatitis (AD). Real-world evidence on patient-reported outcomes is scarce.

NAVETA is an mHealth platform for systematic ePROM/ePREM capture and patient-clinician chat in routine care.

HOW

Ambispective, observational study of **28 consecutive patients** initiating lebrikizumab across **5 Spanish hospitals** (Feb 2025–Feb 2026).

ePROMs: POEM, DLQI, QoLIAD, NRS & 5D-Pruritus, PROMIS-29, TSQM, P3CEQ. Descriptive analysis.

WHO

N = 28 **5 hospitals** **37.7 yr mean** **58.8% male**

50% bio-naïve **7.7 mo f-up**

KEY MESSAGE

Every patient-reported outcome improved — with **91% treatment persistence at 12 months on lebrikizumab**, monitored entirely through the NAVETA app.

WHAT IMPROVED

POEM severity	13.3 → 4.0
DLQI quality of life	8.2 → 1.3
NRS pruritus	5.7 → 2.0
QoLIAD	8.0 → 4.0
P3CEQ experience (PREM)	18.8 → 26.2

SAFETY & PERSISTENCE

90% reported no treatment-related AE. Events mostly mild-moderate; severe in only 2 patients.

3 discontinuations at 12-mo follow-up: 2 adverse events, 1 lack of efficacy.

TSQM side-effects **95/100** · global satisfaction **69/100**.

ENGAGEMENT & LIMITS

60.7% completed ≥1 ePROM; response rose **35% → 75%**; **71%** used the chat.

Small preliminary sample; descriptive only; attrition at later timepoints.

▼ **70%**

13.3 → 4.0
POEM severity

▼ **84%**

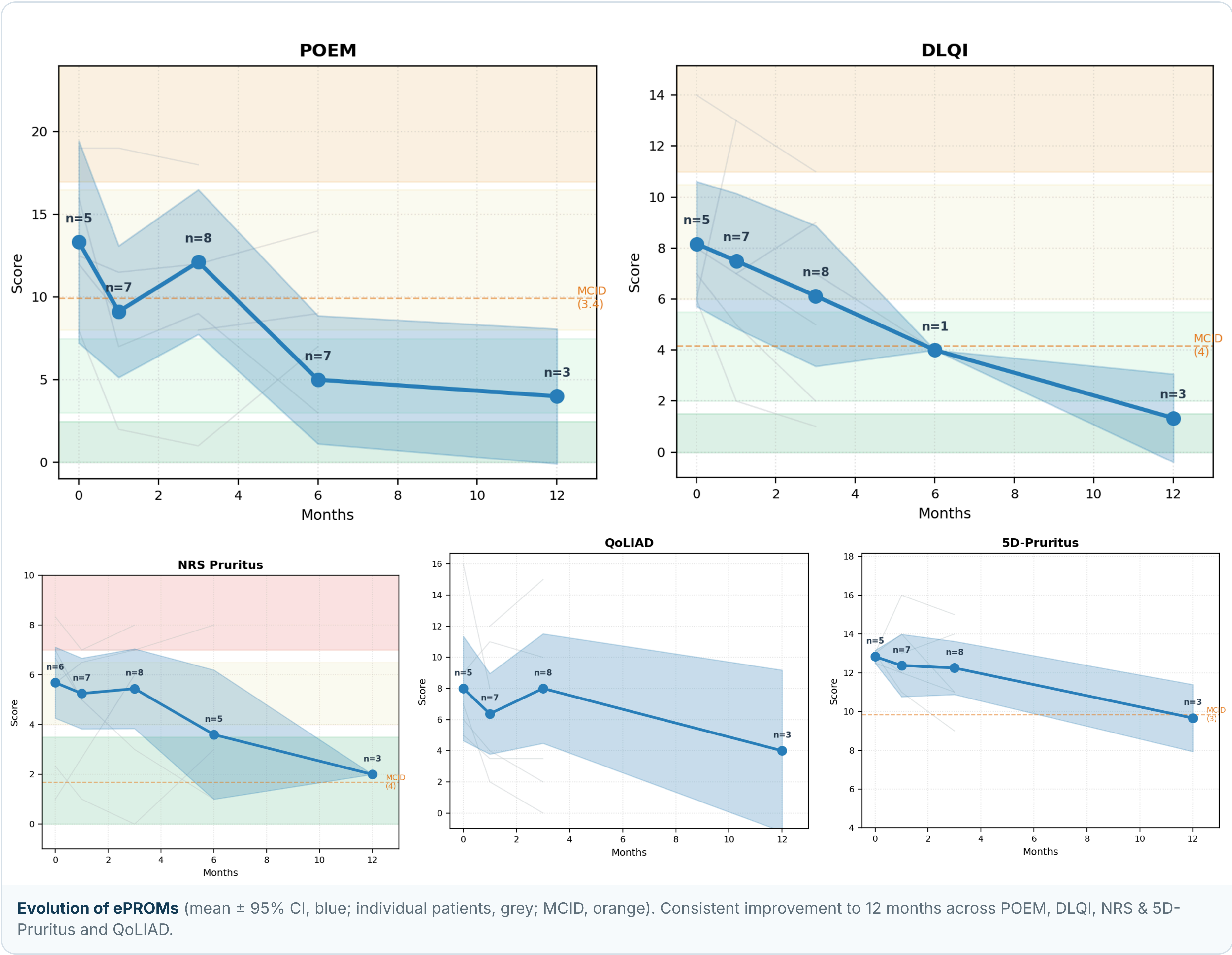
8.2 → 1.3
DLQI quality of life

▼ **65%**

5.7 → 2.0
NRS pruritus (itch)

91%

3 discontinuations
persistence 12 mo (KM)



PROMIS-29 — all 7 domains improved (T-score, baseline → 12 mo)

Depression	56.8 → 41.0 ▼
Anxiety	53.3 → 42.9 ▼
Fatigue	50.3 → 38.7 ▼
Sleep disturbance	49.6 → 42.0 ▼
Pain interference	53.3 → 41.6 ▼
Physical function	53.2 → 57.0 ▲
Social participation	51.6 → 64.2 ▲

▼ lower = fewer symptoms · ▲ higher = better function

CONCLUSIONS

- ✓ Lebrikizumab delivered **consistent real-world improvement** across disease activity, quality of life, pruritus and general health.
- ✓ NAVETA enabled **multidimensional monitoring** — outcomes, patient-reported AEs, experience (PREM) and two-way communication.
- ✓ **91% treatment persistence** at 12 months — 3 discontinuations (2 adverse events, 1 lack of efficacy) — with a favourable safety profile.
- ✓ Low baseline ePROM completion (35.3%) shows the need to **boost early digital engagement**.