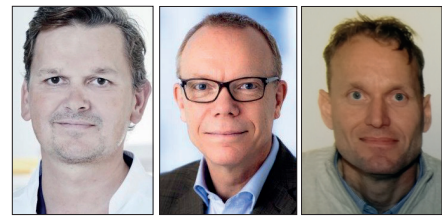


## PsoMentor App – Gamifying Your Psoriasis Tracking

CARSTEN SAUER MIKKELSEN<sup>1</sup>, LARS WERNER<sup>2</sup> AND LUIT PENNINGA<sup>3</sup>

<sup>1</sup>Research Lab, Department of Dermatology, University of Aalborg, and Private Dermatology Practice, Tolstrupvej 91, DK-9700 Brønderslev, Denmark, <sup>2</sup>Director for “The Danish Psoriasis Patient Association“, <sup>3</sup>Specialist in Surgery, Regional Executive Officer, Ilulissat Hospital, Avannaar Region, Greenland. E-mail: lw@psoriasis.dk



### INTRODUCTION

The steep increase in mobile phone ownership coupled with increased expectations of the patient's role to manage their care presents a unique opportunity for health apps (1). Patients identify health apps as valuable when they are intuitive and simple to use, provide specific guidance and instructions to better manage a condition, and shares data with designated individuals (1). Given its visual nature, dermatology is particularly amenable for the application of health apps (2). Health apps can be used for varying purposes including education, recording of disease, and for treatment adherence (3). A randomised clinical trial in patients with psoriasis randomized patients to the use of a health app or no health app. The trial found improved adherence to topical treatment in the group using the health app (3).

Here we describe a valuable and highly appreciated app for patients with psoriasis called PsoMentor. PsoMentor is a digital motivational coach for people living with psoriasis and psoriasis arthritis. The application was developed by asking the “Danish Psoriasis Association”, leading dermatologists, nurses, and multiple pharmaceutical companies for their contribution and involvement. Together they created the application which consists of a personal diary, a tracking tool, and a fun game; all put into one service.

PsoMentor is a gamified solution that lets users choose between different disease courses, in which they can earn awards and trophies along the way.

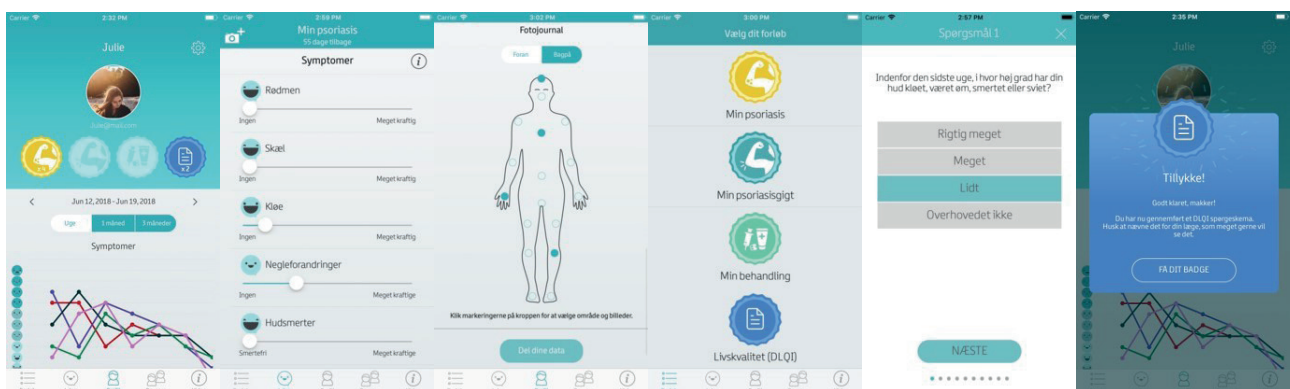
PsoMentor is nominated as “Best Initiative – The Danish Patient Award”.

### DESCRIPTION

PsoMentor is a tool helping psoriasis patients with their chronic disease to document their lives with psoriasis and psoriasis arthritis over time, also providing valuable information for the dermatologists. This app can among other things keep a photo journal and register if the skin is red, scaly, indurated, severity of nail involvement, pain in skin and joints, and joint swelling. Besides it is useful to register stress, mood, sleep and lifestyle. The Dermatology Life Quality Index (DLQI) can also be entered. Everything is developed as a digital tool to improve patient's lifestyle.

### FEATURES

The psoriasis patients can choose between 3 different subjects: my psoriasis, my psoriasis arthritis, my treatment. These subjects are of totally 8 weeks duration.



Screenshots from PsoMentor App (1–6).

## OVERVIEW

By keeping a digital daily log, the patients obtain detailed insight in their psoriasis over time. Graphs can illustrate the correlation between lifestyle, psoriasis and psoriasis arthritis. Important personal notes can also be entered in the app.

The app also allows contact and bond with other users of the PsoMentor App sharing experiences, tips and tricks and other kind of support.

When the patient consults their dermatologist the PsoMentor App describes a more true-accurate holistic and detailed registration of their psoriasis and comorbidity over time and not in a moment. Photo journal and the DLQI questionnaire scheme implemented in PsoMentor are also helpful tools. This detailed registration of valuable information makes it easier for the doctor to choose correct treatment and follow-up. Besides for dermatologists, the app is also very valuable for other health care professionals who take care of patients with psoriasis and psoriasis arthritis like rheumatologists, general practitioners, physiotherapists, and nurses (4).

PsoMentor was launched in October 2016, and is freely available on the website of the Danish Psoriasis Association (4). The app is available both on App store and Google Apps.

## CONFLICT OF INTEREST

PsoMentor is developed as a partnership between Psoriasisforeningen, The digital bureau Daman and professional healthcare persons.

## REFERENCES

1. Mendiola F, Kalnicki M, Lindenauer S. Valuable features in mobile health Apps for patients and consumers: content analysis of apps and user ratings. *JMIR Mhealth Uhealth* 2015; 3: e 40. Doi:10.2196/mhealth.4283.
2. Masud A, Shafi S, Rao BK. Mobile medical apps for patient education: a graded review of available dermatology apps. *Cutis* 2018; 101: 141–144.
3. Svendsen MT, Andersen F, Andersen KH, Pottegård A, Johannessen H, Möller S, et al. A smartphone application supporting patients with psoriasis improves adherence to topical treatment: a randomized controlled trial. *Br J Dermatol* 2018; 179: 1062–1071.
4. PsoMentor available at: <https://www.psoriasis.dk/psomentor>.