

This is the lay version of a HIPPOCRATES publication. HIPPOCRATES is an international consortium to conduct studies benefitting people with psoriasis and psoriatic arthritis. The original publication can be downloaded from the HIPPOCRATES website: www.hippocrates-imi.eu/publications

Grohmann, Teresa, et al. "The protocol for a patient-driven online prospective European observational cohort aiming to determine risk factors for the development of psoriatic arthritis among people living with psoriasis: the HIPPOCRATES Prospective Observational Study." *Therapeutic Advances in Musculoskeletal Disease* 18 (2026): <https://doi.org/10.1177/1759720X25141283>.

The HIPPOCRATES prospective observational study (HPOS)

Research Background

Psoriatic Arthritis (PsA) is an inflammatory disease that affects the joints and is linked to the skin condition psoriasis. Up to 30% of people living with psoriasis may eventually develop PsA, but it is often difficult to diagnose in its early stages because the first symptoms can be vague or inconsistent. As a result, treatment is often delayed until joint damage is in progress and has already permanently occurred.

About HPOS

The HIPPOCRATES Prospective Observational Study (HPOS) aims to improve the early detection of PsA. The study follows adults aged 18 years or older who have psoriasis but have not been diagnosed with PsA. Participants complete online questionnaires every six months over a three-year period, providing information about their psoriasis, lifestyle, health, joint symptoms, quality of life, fatigue, and mental wellbeing. If participants report symptoms that may indicate early signs of PsA, they are encouraged to consult a healthcare professional for further assessment. In addition, around 3,000 participants will provide a small finger-prick blood sample so researchers can investigate biological markers – tiny signs in the blood – that may help predict who is most likely to develop PsA. By combining questionnaire data, from up to 25,000 participants across 14 European countries, with biological samples HPOS aims to better understand psoriasis progression to PsA and identify those at increased risk early. Learn more: <https://hpos.study/>

- **Early diagnosis of PsA remains challenging** because symptoms can be vague or inconsistent, often delaying treatment until joint damage has occurred.
- HPOS is the first large-scale European study to **track how psoriasis progresses to Psoriatic Arthritis (PsA)**.
- The findings from the study could lead to a **"risk calculator" that helps doctors identify people at high risk of developing PsA earlier**.

Key Findings

As the study is still ongoing, there are no research findings to report yet. However, one important lesson is that successfully running a large online study across Europe requires a flexible approach that can be adapted to each country's needs.

Research Impact

By monitoring people with psoriasis over time, HPOS will help researchers identify the factors that increase the likelihood of developing PsA. This knowledge could support the development of a risk calculator that estimates an individual's chance of developing PsA based on their personal characteristics, symptoms, and biological markers. Earlier identification of people at higher risk could enable closer monitoring, earlier referral to specialists, and faster start of treatment before significant joint damage develops. The findings may also guide future research into strategies that could delay or even prevent the onset of PsA in people living with psoriasis. For participants, the study also provides an additional benefit by regularly checking for signs of disease progression and encouraging medical review when symptoms suggest possible PsA.

Relevance to HIPPOCRATES

HPOS is a key component of the HIPPOCRATES project, directly supporting its goals of identifying risk factors for PsA, improving early diagnosis, and monitoring disease progression.

View the graphical abstract for an accessible overview!



RESEARCH BACKGROUND



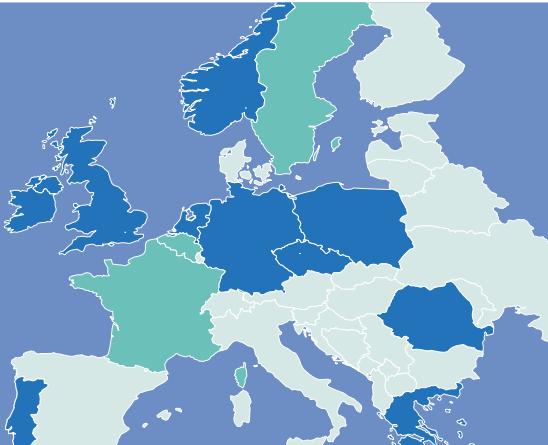
Psoriatic arthritis (PsA) is an inflammatory joint disease linked to psoriasis.



Up to **30%** of people with psoriasis develop PsA. Early diagnosis is crucial to prevent permanent joint damage.

KEY FINDINGS

Succesfully running a large online study across Europe requires a flexible approach that can be adapted to each countrys needs.



ABOUT HPOS



ONLINE QUESTIONNAIRES
Every 6 months for 3 years



EARLY WARNING SIGNS
If symptoms suggest early PsA, participants are advised to consult a healthcare professional.



BLOOD SAMPLE SUBSTUDY
Around 3,000 participants provide a finger-prick blood sample to identify markers that may predict PsA.



LARGE EUROPEAN STUDY
Up to 25,000 participants across 14 countries help identify early PsA risk through questionnaires and biological samples.



RESEARCH IMPACT



Identify factors and biological markers that increase the likelihood of PsA



Develop a risk calculator to estimate an individual's chance of developing PsA



Enable closer monitoring, earlier referral to specialists, and faster treatment before joint damage occurs



Guide future research to delay or even prevent the onset of PsA.

RELEVANCE TO HIPPOCRATES

HPOS is a key part of the HIPPOCRATES project, directly supporting our goals of:

- ✓ Identifying risk factors for PsA
- ✓ Improving early diagnosis
- ✓ Monitoring disease progression



Better outcomes for people with psoriasis and psoriatic arthritis

Related publication:

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