**INTRODUCTION**

- Chronic spontaneous urticaria (CSU) (also known as chronic idiopathic urticaria) is defined as the occurrence of wheals (hives) and angioedema for at least 6 weeks or longer due to known or unknown causes (Zuberbier 2014).

- CSU affects a patient’s ability to perform daily life activities and impacts work, sleep, participating in daily activities, and quality of life (QoL) (Hongbo 2005).

- The burden of CSU has been assessed by different categories of patient-reported outcomes (PRO) instruments and 24-hour recall diaries (Maurer 2013).

- CSU affects a patient’s ability to perform activities of daily life and impacts work, leisure, family life, and daily activities including sleep and daily activities (Hongbo 2005).

**OBJECTIVE**

To validate five CSU disease health states defined with UAS7 score ranges and evaluate if they can discriminate between patients with different severities of urticaria and can be reproduced in clinical practice.

**METHODS**

- Poled (i.e., irrespective of treatment), per-trial, patient-level data from studies sponsored, controlled, planned, and double-blinded phase III clinical trials with ASTERIA I, ASTERIA II, and GLACIAL evaluating the effect of omalizumab on patients with inadequately controlled CSU for the analysis (Saini 2014, Maurer 2013, Kaplan 2013).

- The study design of the trials is presented in Figure 1.

**RESULTS**

- At baseline, all the patients had only moderate or severe disease as defined by UAS7 scores.

- Angioedema was present in 53% of patients at baseline.

**CONCLUSIONS**

- The results of the study suggest that the disease health states defined by UAS7 score ranges, can be further described using other parameters such as DLQI, interference with sleep and daily activities, use of rescue medication and presence of angioedema. This allows the understanding of the impact of each disease state on patient’s life.

- Urticaria-free health state was correlated with no effect on patients' lives and further described by almost no interference with sleep and daily activities, little need for rescue medication and almost no presence of angioedema.

- Higher severity of UAS7 health states was associated with a greater impact on patients such as high impairment in QoL, high interference with sleep and daily activities, increased need for rescue medication and presence of angioedema.

- Distinct and easily reproducible CSU health states can be efficiently described by categorizing the continuous (0–42) UAS7 into five risk ranges which have been shown to correlate with QoL, and other aspects of patient experience with urticaria.

- Results were consistent across three clinical trials, leading confidence to the findings.