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Summary

KNOW NOCEBO: PREDICTING PATIENT OUTCOMES IN A 32-MONTH ADALIMUMAB BIOSIMILAR SWITCH STUDY

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A 32-month follow-up study of 70 inflammatory bowel disease patients switching from adalimumab originator to biosimilar found no negative impact on clinical outcomes, though patients with more negative attitudes toward medicines were more likely to switch back, suggesting a nocebo effect.

KEY POINTS

- At 32 months post-switch, 72.7% of patients remained on the biosimilar Amgevita, 9.1% switched back to Humira, 7.6% switched to another biologic, and 10.6% stopped biologic treatment
- Median disease activity scores (HBI, IBDC8, IBDQ-VAS) showed no clinically meaningful deterioration at 8 weeks or 32 months post-switch compared to baseline
- Patients who switched back to Humira had lower Beliefs about Medicines questionnaire scores, indicating more negative attitudes toward medicines and suggesting a nocebo effect
- 25.7% of patients reported adverse events post-switch, most commonly skin-related (8.6%), injection site reactions (5.7%), and headaches (2.8%), with 8.6% reporting perceived reduced efficacy without specific symptoms
- The authors suggest enhanced patient education may help mitigate nocebo effects in future biosimilar switch programs

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