

Can we predict which patients with psoriatic arthritis will respond to treatment using precision medicine?

Submission date 03/03/2021	Recruitment status No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
Registration date 23/03/2021	Overall study status Ongoing	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
Last Edited 23/01/2026	Condition category Musculoskeletal Diseases	<input type="checkbox"/> Individual participant data <input checked="" type="checkbox"/> Record updated in last year

Plain English summary of protocol

Background and study aims

Psoriatic arthritis (PsA) is a type of arthritis that affects some people with the skin condition psoriasis. It typically causes affected joints to become swollen, stiff and painful.

PsA is an inflammatory arthritis that develops in around 15% of people with psoriasis, causing swollen and painful joints. For patients who do not respond to standard arthritis drugs, two classes of biologic drugs are available (TNF or IL-17 blockers). A similar proportion of patients respond to both with around 50% achieving a good response. However, we do not know how to predict which patient will respond best to each drug.

Our aim is to test whether we can predict if people with psoriatic arthritis (PsA) will respond to certain biologic drugs using blood tests. We will test if high levels of a type of T cells (activated Th17 cells) or other laboratory tests predict response. We will use statistical tests to estimate how effective these approaches would be for each individual. If successful, this approach could ensure that patients receive their best option first, ensuring their disease is controlled and quality of life improved, while avoiding unnecessary drug use. This is likely to save money for the NHS.

Who can participate?

Patients aged 18 years or older, with PsA about to start their first biologic treatment will be invited to join the study.

What does the study involve?

Participants will have a blood sample taken to measure their activated Th17 cells. The patients will be allocated to receive either TNF or IL-17 blocking biologics. We will measure how well they respond after 6 months of treatment and test whether the initial blood test result could have predicted their response.

What are the possible benefits and risks of participating?

Participants are not expected to benefit directly from participating in the study however they should see an improvement in their PsA symptoms from the treatment they receive. Study visits have been aligned with routine NHS visits to minimise burden and inconvenience but will take

longer and participants will be asked to complete extra questionnaires. Participants will need to have additional blood samples taken which may result in bruising but research samples will be taken at the same time as routine NHS blood tests wherever possible. Participants at 3 sites (Oxford, Glasgow, & St Guys & St Thomas's) will be asked to attend a short additional visit to enable the collection of an additional blood sample. Travel costs will be reimbursed for this additional visit to minimise any financial burden. There are no additional risks from the treatment as the study uses the same treatments that would be prescribed routinely for these patients.

Where is the study run from?
University of Oxford (UK)

When is the study starting and how long is it expected to run for?
February 2021 to September 2026

Who is funding the study?
National Institute for Health Research (NIHR) (UK).

Who is the main contact?
Dr Laura Coates, laura.coates@ndorms.ox.ac.uk

Contact information

Type(s)
Scientific, Principal investigator, Public

Contact name
Dr Laura Coates

Contact details
Nuffield Department of Orthopaedics, Rheumatology and Musculoskeletal Sciences, University of Oxford
Botnar Research Centre
Windmill Road
Oxford
United Kingdom
OX3 7LD
+44 (0)1865 737838
laura.coates@ndorms.ox.ac.uk

Additional identifiers

Clinical Trials Information System (CTIS)
Nil known

Integrated Research Application System (IRAS)
287528

ClinicalTrials.gov (NCT)
Nil known

Study information

Scientific Title

Optimising Psoriatic Arthritis Therapy with Immunological Methods to Increase Standard Evaluation

Acronym

OPTIMISE

Study objectives

A precision choice of bDMARDs in PsA based on lymphocyte cell surface markers guiding selection of either TNF inhibitor or IL17A inhibitor will give superior results to patients having a choice of bDMARD based on clinical characteristics alone.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Approved 24/02/2021, North West - Preston REC (Barlow House, 3rd Floor, 4 Minshull Street, Manchester, M1 3DZ, UK; +44 (0)207 104 8206; Preston.rec@hra.nhs.uk), ref: 21/NW/0016

Study design

Interventional randomized controlled trial

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Arthritis that affects some people with the skin condition psoriasis

Interventions

All patients will be treated with a biologic drug (TNF inhibitors (adalimumab) or IL-17A inhibitors (secukinumab) in keeping with routine clinical practice. At present both TNF inhibitors and IL-17 inhibitors are licensed and NICE approved as first line biologics in PsA. Patients will be randomised in a 1:1 ratio to receive either TNF or IL-17A inhibitors, stratified by baseline immunophenotype, for 24 weeks.

The TNF inhibitor to be used is adalimumab (any brand) and it is to be given at the usual licensed dose, as per the SmPC:

-The licenced dose of adalimumab for psoriatic arthritis is always 40 mg by subcutaneous injection every 2 weeks, with no loading doses.

The IL-17A inhibitor to be used is secukinumab, brand name Cosentyx, and is to be given at the usual licensed dose as per the SmPC:

-The licensed dose of secukinumab for psoriatic arthritis varies based on the level of baseline skin psoriasis. For patients with concomitant moderate to severe plaque psoriasis, the recommended dose is 300mg by subcutaneous injection with initial dosing at weeks 0, 1, 2, 3 and 4 followed by a monthly maintenance dose. For other patients the recommended dose is 150mg by subcutaneous injection at the same timepoints. This study will follow routine practice and the current label by using the appropriate dose of secukinumab based on the baseline psoriasis disease activity with the cut off for moderate to severe psoriasis as 10% body surface area. Dose escalation as per the licence is permitted.

Intervention Type

Drug

Phase

Not Applicable

Drug/device/biological/vaccine name(s)

Adalimumab, secukinumab

Primary outcome(s)

Clinical response as measured by the minimal disease activity (MDA) criteria at baseline and week 24

Key secondary outcome(s)

1. Clinical disease pattern at baseline measured by the minimal disease activity (MDA) criteria
2. Immunophenotype data at baseline measuring activated Th17 and intracellular levels of IL-17
3. Activated Th17 proportion and intracellular levels of IL-17 at baseline and week 24
4. Clinical response as measured by the minimal disease activity (MDA) criteria at week 12/16 and week 24
5. Cell-specific transcriptomic data and whole blood transcriptomes from samples collected at baseline and week 24

Completion date

30/09/2026

Eligibility

Key inclusion criteria

Current inclusion criteria as of 15/08/2022:

1. Participant is willing and able to give informed consent for participation in the study
2. Male or female, age 18 years or over
3. Diagnosis of PsA confirmed by the CASPAR criteria
4. Is planned to have biologic therapy for psoriatic arthritis using NICE/SMC criteria (failure of ≥ 2 csDMARDs and ≥ 3 tender and ≥ 3 swollen joints)

Previous inclusion criteria:

1. Participant is willing and able to give informed consent for participation in the study
2. Male or female, age 18 years or over

3. Diagnosis of PsA confirmed by the CASPAR criteria
4. Is planned to have biologic therapy for psoriatic arthritis using NICE/SMC criteria (failure of ≥ 2 csDMARDs and ≥ 3 tender/swollen joints)

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Mixed

Lower age limit

18 years

Upper age limit

999 years

Sex

All

Total final enrolment

240

Key exclusion criteria

1. Contraindications to either TNF inhibitor or secukinumab:
 - 1.1. History of previous demyelinating disease including multiple sclerosis
 - 1.2. Heart failure (NYHA class 3 or 4)
 - 1.3. Serious infections: active tuberculosis (TB), chronic viral infections (including hepatitis B, C and HIV), recent serious bacterial infections
 - 1.4. Latent TB unless they have received appropriate anti-tuberculous treatment as per local guidelines
 - 1.5. Active symptomatic inflammatory bowel disease
 - 1.6. History of cancer in the last 5 years, other than non-melanoma skin cell cancers cured by local resection or carcinoma in situ
 - 1.7. Hypersensitivity to active ingredient or excipients
2. Current or previous treatment with biologic DMARDs or targeted synthetic DMARDs
3. Use of investigational therapies within 1 month or 5 half-lives (whichever is longer) of baseline
4. Women who are pregnant, lactating or planning pregnancy during the following 12 months

Date of first enrolment

01/01/2022

Date of final enrolment

31/12/2024

Locations**Countries of recruitment**

United Kingdom

England

Scotland

Wales

Study participating centre

Oxford University Hospitals NHS Foundation Trust

John Radcliffe Hospital

Headley Way

Headington

Oxford

England

OX3 9DU

Study participating centre

Guy's and St Thomas' Hospitals

Trust Offices

Guy's Hospital

Great Maze Pond

London

England

SE1 9RT

Study participating centre

Glasgow Royal Infirmary

10-16 Alexandra Parade

Glasgow

Scotland

G31 2ER

Study participating centre

Midlands Partnership University NHS Foundation Trust

Trust Headquarters

St Georges Hospital

Corporation Street

Stafford

England

ST16 3SR

Study participating centre

University Hospitals Coventry and Warwickshire NHS Trust

Walsgrave General Hospital

Clifford Bridge Road

Coventry

England

CV2 2DX

Study participating centre

Portsmouth Hospitals University NHS Trust

Queen Alexandra Hospital

Southwick Hill Road

Cosham

Portsmouth

England

PO6 3LY

Study participating centre

Royal Berkshire NHS Foundation Trust

Royal Berkshire Hospital

London Road

Reading

England

RG1 5AN

Study participating centre

Royal United Hospitals Bath NHS Foundation Trust

Combe Park

Bath

England

BA1 3NG

Study participating centre

King's College Hospital NHS Foundation Trust

Denmark Hill

London

England

SE5 9RS

Study participating centre

University Hospitals Dorset NHS Foundation Trust
Christchurch Hospital
Fairmile Road
Christchurch
England
BH23 2JX

Study participating centre
Northampton General Hospital NHS Trust
Cliftonville
Northampton
England
NN1 5BD

Study participating centre
South Warwickshire University NHS Foundation Trust
Warwick Hospital
Lakin Road
Warwick
England
CV34 5BW

Study participating centre
NHS Lanarkshire
14 Beckford Street
Hamilton
Scotland
ML3 0TA

Study participating centre
Liverpool University Hospitals NHS Foundation Trust
Royal Liverpool University Hospital
Prescot Street
Liverpool
England
L7 8XP

Study participating centre
Sandwell and West Birmingham Hospitals NHS Trust
Midland Metropolitan University Hos
Grove Lane

Smethwick
England
B66 2QT

Study participating centre
North Middlesex University Hospital
Sterling Way
London
England
N18 1QX

Study participating centre
NHS Forth Valley
33 Spittal Street
Stirling
Scotland
FK8 1DX

Study participating centre
Leeds Teaching Hospitals NHS Trust
Chapel Allerton Hospital
Chapeltown Road
Leeds
England
LS7 4SA

Study participating centre
Sheffield Teaching Hospitals NHS Foundation Trust
Royal Hallamshire Hospital
Glossop Road
Sheffield
England
S10 2JF

Sponsor information

Organisation
University of Oxford

ROR

<https://ror.org/052gg0110>

Funder(s)

Funder type

Government

Funder Name

NIHR Evaluation, Trials and Studies Co-ordinating Centre (NETSCC); Grant Codes: NIHR129023

Funder Name

National Institute for Health Research (NIHR) (UK)

Alternative Name(s)

National Institute for Health Research, NIHR Research, NIHRresearch, NIHR - National Institute for Health Research, NIHR (The National Institute for Health and Care Research), NIHR

Funding Body Type

Government organisation

Funding Body Subtype

National government

Location

United Kingdom

Results and Publications

Individual participant data (IPD) sharing plan

The participant-level data set and statistical code will be available upon reasonable request from Laura Coates (laura.coates@ndorms.ox.ac.uk) and the Oxford Clinical Trials Research Unit (OCTRU; octrutrialshub@ndorms.ox.ac.uk) once the study findings have been published in full and for as long as this data is useful. Consent has been provided consent to share with the funder and other researchers based at hospitals, universities, non-profit institutions or commercial laboratories worldwide; however, some specific data items may not be shared in order to maintain participant anonymity.

IPD sharing plan summary

Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
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Protocol article		28/03/2023	29/09/2023	Yes	No
HRA research summary			28/06/2023	No	No
Protocol file	version 8.0	07/11/2023	08/11/2023	No	No
Protocol file	version 10.0	04/11/2025	23/01/2026	No	No