The researchers found that there were six overarching themes that characterized patients’ experiences of living with PsA and psoriasis:

1. **Suffering uncontrollable and ongoing upheaval** - patients felt their disease was dictating their life and disrupting family and social roles.

2. **Weighed down by a mental load** - included anxiety about severe symptoms, feelings of helplessness, and unrecognized distress.

3. **Harboring shame and judgement** - in relation to visible skin symptoms.

4. **Demoralized by inadequacies and burden of therapy** - due to unmet treatment expectations, lack of personalized care and inconvenient treatments.

5. **Gaining control** - some patients described how they were able to make sense of and accept their disease, feel more in tune with their body and ultimately regain a sense of independence and normality.

6. **Making confident treatment choices** - patients were able to trade off concerns about safety and convenience for the benefits of their medications, rely on advice from family members and seek empowering reassuring relationships.