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Defining Bath Ankylosing Spondylitis Disease Activity Index Cut-off Values for Disease Activity States in a Multinational European Cohort of Patients With Axial Spondyloarthritis

This study developed and validated cut-offs of BASDAI, a widely used measure for assessing disease activity in axial spondyloarthritis. Using data from 4,633 patients initiating a biologic therapy in eight European registries, the authors proposed new BASDAI cut-offs for separating remission, low disease activity, high disease activity, and very high disease activity: <1.3, <2.5, and >5.3. These thresholds are lower than the commonly applied, but unvalidated, BASDAI cut-offs of <2, <4, and >6. Disease activity states based on the new BASDAI and the ASDAS cut-offs showed better agreement at treatment start, although agreement was still only moderate.

These findings are important because BASDAI is still commonly used in routine care, particularly when inflammatory laboratory markers such as CRP are unavailable. For rheumatologists, the new cut-offs may support more accurate monitoring and treatment decisions. For patients, they may help ensure that disease activity is not underestimated and that treatment targets are met.

Link to the publication: Defining Bath Ankylosing Spondylitis Disease Activity Index Cut-off Values for Disease Activity States in a Multinational European Cohort of Patients With Axial Spondyloarthritis at <https://doi.org/10.1002/acr2.70125>