components: i.e. smoking, alcohol consumption, exercise and diet and in total a medium number of 7 (pre-RA: IQR 4-10, pre-SpA: IQR 5-8) while 35% of rheumatologists gave lifestyle advice to >50% of at risk patients (most often smoking cessation).

At 30% disease risk, the willingness to use 100% effective preventive medication with no side effects was 53% (pre-RA), 55% (pre-SpA) and 74% (rheumatologists) which increased at 70% disease risk to 69% (pre-RA) and 92% (pre-SpA and rheumatologists). At 30% disease risk and minor side effects, willingness was 26% in pre-RA, 29% in pre-SpA and 31% by rheumatologists and at 70% disease risk 40%, 66% and 76% for pre-RA, pre-SpA and rheumatologists respectively. Differences between rheumatologists and persons at risk are shown in table 1. Of the rheumatologists 16% indicated that a 30% RA risk in 3 years was needed to start preventive therapy and another 16% preferred a 70% risk before starting medication.

<table>
<thead>
<tr>
<th>Disease risk</th>
<th>% of persons at risk for RA willing to use medication</th>
<th>% of persons at risk for SpA willing to use medication</th>
<th>Difference between rheumatologists and persons at risk for RA</th>
<th>Difference between rheumatologists and persons at risk for SpA</th>
</tr>
</thead>
<tbody>
<tr>
<td>30%</td>
<td>53%</td>
<td>55%</td>
<td>p = 0.017</td>
<td>p = 0.076</td>
</tr>
<tr>
<td>70%</td>
<td>69%</td>
<td>92%</td>
<td>p = 0.002</td>
<td>p = 0.964</td>
</tr>
</tbody>
</table>

100% effective medication, no side effects

Conclusion: Disease risk perception and willingness to start preventive interventions were comparable between pre-SpA and pre-RA patients. They seem willing to make several lifestyle changes to decrease disease risk and were generally willing to use medication in case of a clearly increased risk. Rheumatologists were overall more likely than at risk individuals to start preventive medication. Lifestyle advice was given less frequently by rheumatologists contrasting with individuals' high willingness to adjust lifestyle.

References:

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