

ASCO 2014 Abstract

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The impact of question-listing on distress, anxiety, and question self-efficacy among cancer patients

Background: Open to Options (O2O) is a question listing intervention that provides one-on-one decision support to cancer patients. In a previous pilot project, blood cancer patients (n=77) reported decreased distress and anxiety and increased question self-efficacy. As part of an effort to disseminate O2O across a community-based cancer support network, the objective of this study was to test its effectiveness among survivors of any cancer.

Methods: Facilitators provided support using an evidence-based decision-making model to prompt patients to list questions about diagnosis and treatment. Patients completed pre- and post-session surveys and a survey following consultation with their treatment provider. Distress, anxiety and question self-efficacy were measured using a 10-point scale.

Results: Seven facilitators used O2O with 108 patients; 100 provided consent (11% ethnic minority, 80% female), 89 completed post-session outcomes, and 71 completed the post-consultation survey. Patients reported decreased distress ($p<0.001$) and anxiety ($p<0.001$) and increased question self-efficacy ($p<0.001$). After consult with their treatment provider, 69 of 71 patients (97%) reported bringing their question list to their appointment. Among those who brought their question list, 94% referred to it, and 67% showed it to their oncologist. On a scale from 0 to 10, participants thought the question list contributed to a more productive appointment (median=9), enhanced their understanding (median=8), and proved helpful (median=9); 86% reported their oncologist answered most of their questions. High post-session question self-efficacy was associated with enhanced provider-patient dialogue (understanding, $p=0.006$; productive, $p=0.001$; helpful, $p=0.002$), but change in distress was not. Nearly one-third (34%) reported discussing cancer clinical trials with their provider.

Conclusion: The present findings replicated those reported among blood cancer patients and provide greater evidence to support the implementation and dissemination of O2O. Use of question-listing may improve coping and decision-making skills and lead to enhanced patient engagement in a shared treatment decision making process.