

# Assessing the Psychosocial Needs of Immunotherapy Patients: An Exploratory Study of Findings From Immunotherapy & Me

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## BACKGROUND

Despite the prevalence of immunotherapy as a cancer treatment, little is understood about the unique side effect profile and educational needs associated with this type of treatment. Research into the psychosocial effects associated with immunotherapy can inform stakeholders about what types of information and resources to emphasize to immunotherapy patients.

In addition to identifying concerns among immunotherapy patients, understanding how confident they are in accessing resources to address those needs is critical. Previous research in other cancer treatment types demonstrates positive associations of self-efficacy with mood<sup>1</sup>, psychological adjustment<sup>2</sup>, emotional<sup>3</sup>, physical<sup>4</sup> and social well-being<sup>5</sup> and cognitive functioning<sup>5</sup> have been found.

## METHODS

102 cancer patients undergoing immunotherapy treatment were enrolled in the current study across 6 sites (5 community hospital partners and 1 academic partner). The study, IO & Me, was developed as an intervention to support the unique needs of patients receiving immunotherapy treatment. At time of enrollment, patients consented and were given a baseline survey. This survey assessed patients' top concerns, risk for clinically significant depression or anxiety, confidence assessing resources, and more. This poster represents the data collected at baseline.

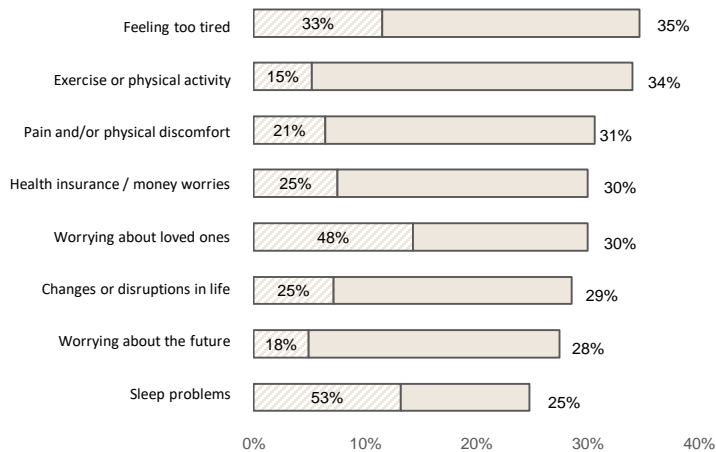
Once enrolled, participants had access to educational resources (print materials, side effect tracker, eLearning courses) and Cancer Support Community's toll-free helpline staffed by licensed mental health professionals (Cancer Support Helpline™).

## PARTICIPANTS

|                     | M / n | SD / % |
|---------------------|-------|--------|
| Age (Range 20 – 86) | 65.1  | 12.3   |
| <b>Gender</b>       |       |        |
| Female              | 42    | 41.2   |
| Male                | 23    | 22.5   |
| Missing             | 37    | 36.3   |
| White               | 73    | 54.1   |
| <b>Cancer Type</b>  |       |        |
| Lung                | 45    | 43.7   |
| Melanoma            | 25    | 24.3   |
| Kidney              | 8     | 7.8    |

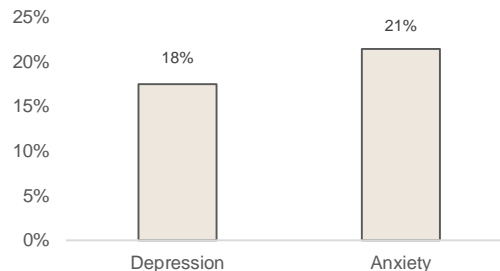
## RESULTS

### TOP CONCERNS AMONG IMMUNOTHERAPY PATIENTS

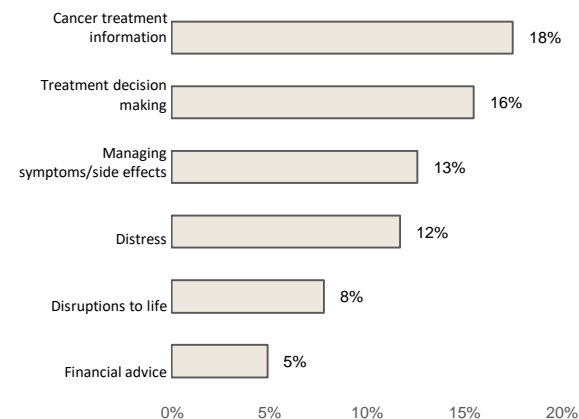


- Percent of people who responded "Moderately" to "Extremely" concerned
- Percent of people who were "Moderately" to "Extremely" concerned and also indicated they would like CSC to provide them with help about their concern

### PERCENT OF RESPONDENTS AT RISK FOR CLINICALLY SIGNIFICANT DEPRESSION OR ANXIETY



### CONFIDENCE IN ACCESSING RESOURCES



- Percentage of respondents who answered "Not at all" or "Slightly" confident in accessing the resource

## CONCLUSIONS

This study identifies top concerns, desired help, and confidence in accessing relevant support resources among immunotherapy patients.

- Cancer patients undergoing immunotherapy do not have a single, outstanding concern. Instead, these patients have several concerns spanning physical, emotional, and practical areas of life, and many desire additional help with these matters.
- A substantive proportion of immunotherapy patients are at risk for clinically significant levels of depression and anxiety and would benefit from additional assessment and follow-up.
- Our results highlight the discrepancy between the significant number of patients who reported an interest in resources and the number reported a lack of confidence in their ability to access those resources.

## Acknowledgments

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