

# Psychosocial Distress and Access to Resources: Preliminary Findings from Immunotherapy & Me

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## Background

- *Immunotherapy & Me* is an innovative program of supportive resources to investigate and support the unique needs of immunotherapy patients
- The study launched in December, 2017 and is ongoing

## Aims

- The objective of this study was to describe psychosocial distress and confidence accessing resources among a sample of program participants
- Through the study, changes in patients' knowledge, attitudes, and health behaviors were measured over time

## Methods

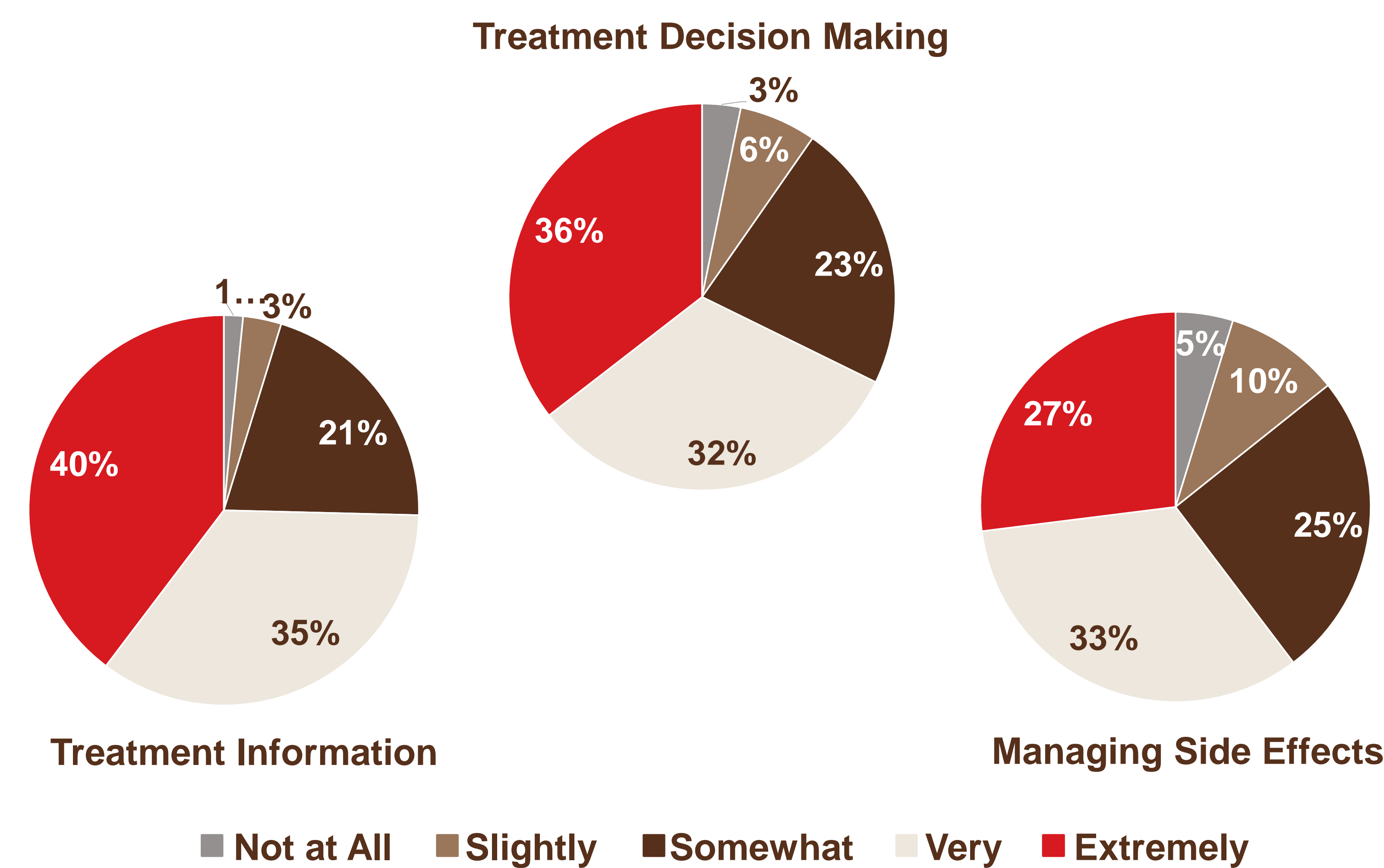
- *Immunotherapy & Me* is recruiting at 4 community clinics and 1 academic center. Eligible patients must be on an anti-cancer immunotherapy and at least 18 years of age.
- At enrollment, participants consent, provide demographic/clinical history, and report level of confidence (*Not at all to Extremely*) accessing cancer treatment information and resources related to treatment decision making and managing symptoms/side effects
- Distress is reported with CancerSupportSource<sup>®</sup> (CSS), a tool where patients rate level of concern (*Not at all to Extremely*) on 15 items
- Once enrolled, participants can access educational resources (print materials, side effect tracker, eLearning courses) and a toll-free helpline staffed by licensed mental health professionals (Cancer Support Helpline<sup>®</sup>)
- Follow-up surveys are available every 30 days for 6 months
- We present data from 68 participants at enrollment and 22 at first follow-up

## Participants

	M/n	SD/%
Age (years)	65	13
	Range: 20 – 86	
Male	34	69%
White	45	87%
Cancer Type		
Lung	29	43%
Melanoma	15	22%
Kidney	6	9%

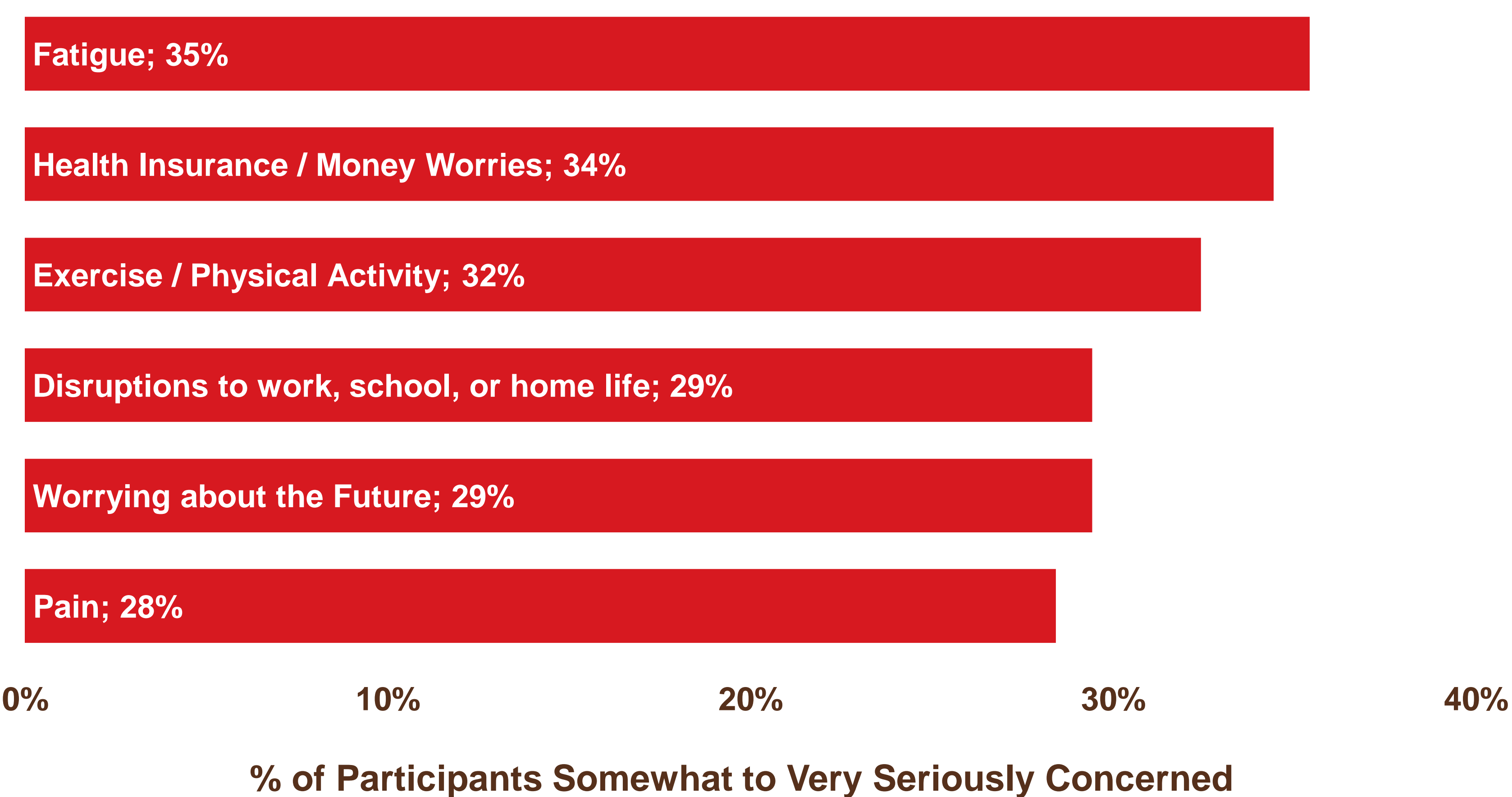
## Results

### Access to Resources: Confidence at Baseline



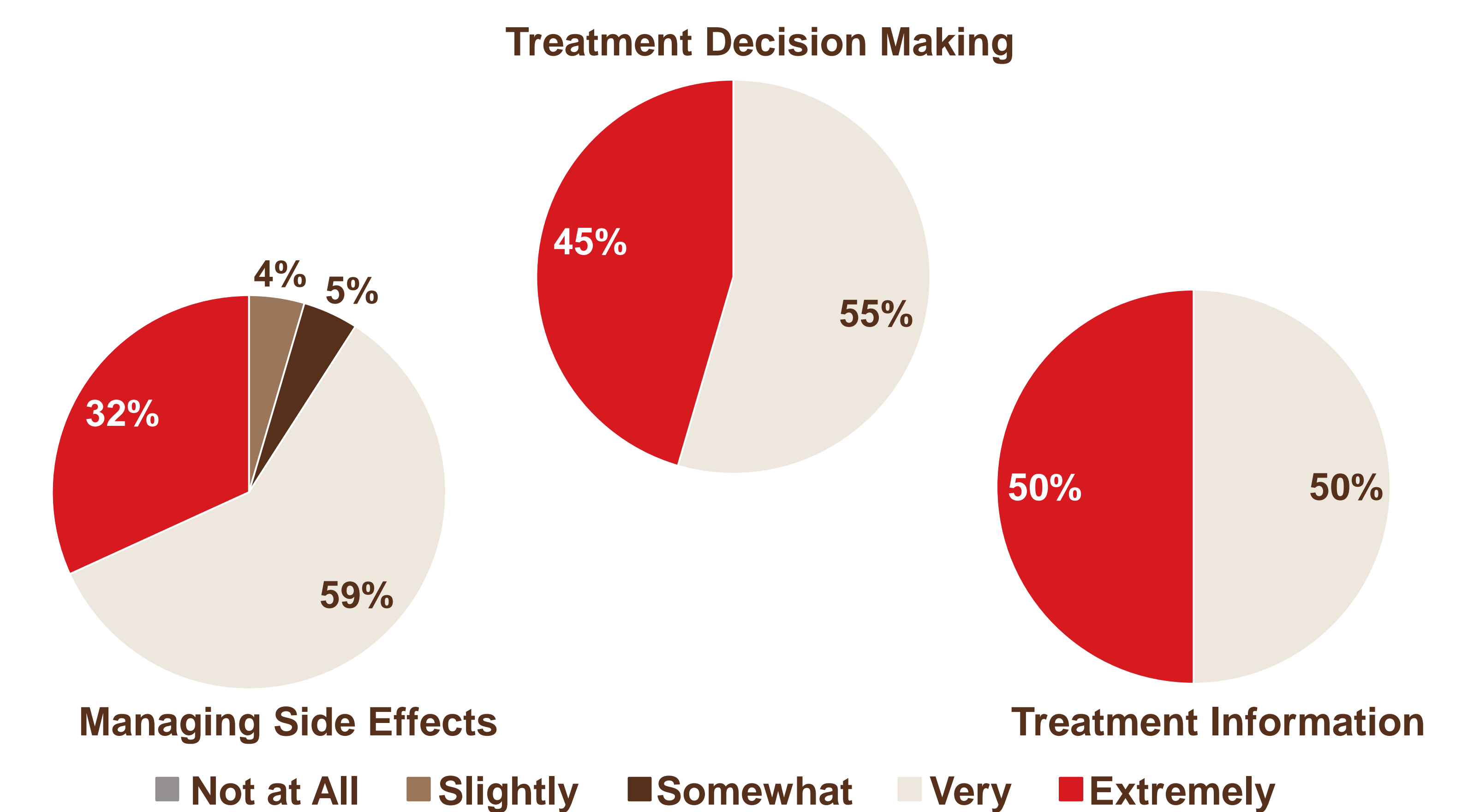
- At baseline, 60% of participants felt Very or Extremely confident accessing resources related to: managing side effects, 68% resources related to treatment decision making, and 75% resources related to treatment information

### Top Concerns at Baseline



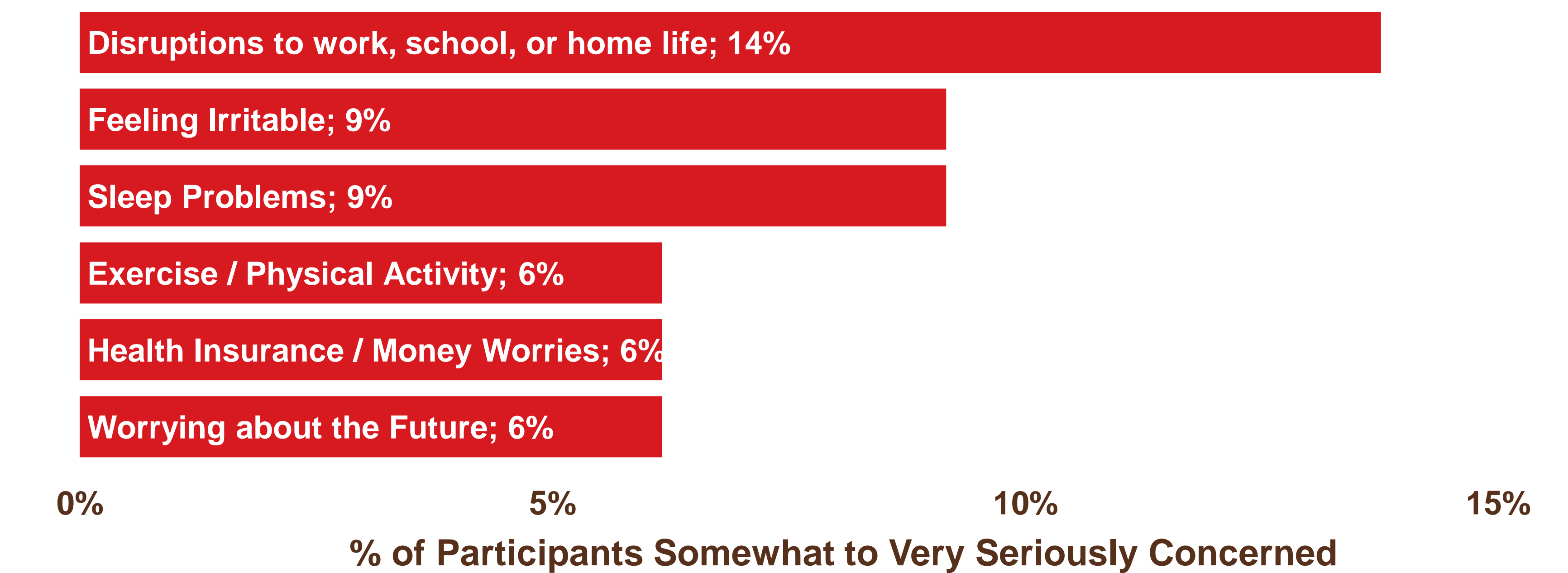
- For distress at baseline, top concerns were: fatigue (35% of participants reported being Somewhat to Very seriously concerned), health insurance/money worries (34%), and exercise/physical activity (32%)

### Access to Resources: Confidence after 30 Days



- At 30 days, 91% of participants felt Very or Extremely confident accessing resources related to: managing side effects, and 100% resources related to both treatment decision making and treatment information

### Top Concerns after 30 Days



- Top concerns at 30 days were: changes/disruptions in work, school, or home life (14%); feeling irritable (9%); sleep problems (9%)

## Implications and Conclusions

- Preliminary results show greater variability in distress and confidence accessing resources at baseline than 1-month into the program, at which time few endorsed cancer-related concerns and most felt confident accessing resources
- These findings highlight the utility of providing patients with educational/support resources and the value of customizable programs like *Immunotherapy & Me*
- With data collection ongoing, we anticipate analyzing time trends and paired comparisons in future analyses

## Acknowledgments

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## References

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