Cancer-Related Distress and Cost of Care Concerns Among a Community-Based Sample of Individuals with Cancer

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Background

- Cancer survivors are at risk for financial burden due to substantial cost of care (CoC), which may impact quality of life

Aims

- The objective of this study was to examine the relationship between cost of care in predicting odds of anxiety and depression risk, controlling for demographic and clinical variables significant in bivariate analyses

Methods

- 3,318 individuals diagnosed with cancer enrolled in Cancer Support Community’s Cancer Experience Registry®, provided demographic, clinical, and cost of care information, and completed CancerSupportSource®, a 25-item distress screening tool that includes 2-item depression risk and 2-item anxiety risk subscales
- We used logistic regression to examine the role of cost of care in predicting odds of anxiety and depression risk, controlling for demographic and clinical variables significant in bivariate analyses

Participants

- Nearly one-fourth (24%) of respondents spent more than $500 per month out-of-pocket for costs such as prescriptions, insurance co-pays, transportation and parking, meals while at the hospital, etc.

Results

- In multivariate logistic regression, the associations between higher out-of-pocket costs and greater odds of anxiety risk and odds of depression risk were significantly mediated by financial worries (p<.001)
- Health insurance and money worries was associated with greater odds of anxiety risk (OR=1.91, p<.001) and depression risk (OR=2.00, p<.001)
- Postponing psychological counseling was associated with greater odds of anxiety risk (OR=1.31, p<.001) and depression risk (OR=1.39, p<.001)
- Having a member of the HCT discuss cost of care was associated with lower odds of depression risk (OR=0.71, p<.001)

Implications and Conclusions

- Higher out-of-pocket costs predict increased concern about health insurance and money worries, which in turn predicts odds of anxiety risk and depression risk
- Additionally, postponing psychological counseling to reduce cost of care predicts anxiety and depression risk odds
- These findings demonstrate the need for doctor-patient cost of care communication and financial counseling to mitigate the impact of financial burden on quality-of-life, treatment, and health outcomes

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