Background

- Given earlier diagnosis and personalized treatment, lung cancer survival rates are increasing.
- Lung cancer can be associated with significant emotional distress, which affects health-seeking behaviors and health care utilization.

Aims

- The study examines lung cancer patients’ quality of life compared to other US population groups and cancer-related correlates of depression and anxiety.

Methods

- 149 individuals with lung cancer enrolled in the Cancer Support Community’s online Cancer Experience Registry and completed surveys including the Patient-Reported Outcomes Measurement Information System (PROMIS-29 v2.0).
- Using multiple regression analysis, we identify predictors of PROMIS T-scores for depression and anxiety.
- Independent variables included sociodemographic factors (age, gender, education, race), clinical history (time since diagnosis, relapse, lung cancer type, line of therapy, currently receiving treatment, type of therapies received), and symptom burden (number of comorbidities, physical functioning, fatigue, pain interference).
- Variables significant in bivariate analysis (p<.05) were included in multivariate models.

Participants

- N = 149
- Age: 62 years (Range: 36 – 84 years)
- Non-Hispanic White: 126 (86%)
- Female: 98 (66%)
- Time Since Diagnosis: 3 years (Range: 0 – 49 years)
- Type of Lung Cancer: Small Cell: 20 (14%); Non-Small Cell: 119 (86%)
- Treatment Type: Chemotherapy (ever / current): 112 / 57 (76% / 38%)
- Immunotherapy (ever / current): 30 / 22 (20% / 15%)
- Currently Receiving Treatment: 79 (53%)
- Experienced a Relapse: 34 (25%)
- Ever Metastatic: 62 (45%)

Results

- 36% of respondents report worse quality of life.
- 26% for depression, 20% for anxiety, 36% for sleep disturbance, 29% for pain interference.

Implications and Conclusions

- Substantial proportions of lung cancer survivors experience worse health-related quality of life compared to the general U.S. population.
- Symptom burden, especially fatigue and pain interference, was associated with anxiety and depression.
- These results suggest the need for more comprehensive symptom management efforts throughout survivorship care, including increased access to palliative and supportive care services.

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References


Learn more or join the Registry at www.CancerExperienceRegistry.org

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