Background

- With limited screening options for ovarian cancer, most women are diagnosed with advanced disease, which can impact quality of life.
- Younger age may also be associated with distress, given fertility and relationship concerns.

Aims

- The objective of this study was to explore predictors of psychosocial distress among a community-based sample of ovarian cancer survivors.

Methods

- 128 ovarian cancer survivors enrolled in the Cancer Support Community’s online Cancer Experience Registry®.
- Participants provided socio-demographics and reported cancer-related distress via CancerSupportSource®, a validated 25-item tool measuring level of concern (0-4) over 5 domains: emotional well-being (including 2-item depression and 2-item anxiety risk screening subscales), symptom burden and impact, body image and healthy lifestyle, healthcare team (HCT) communication, and relationships and intimacy.
- We examined risk for clinically significant anxiety and depression, and used logistic regression to explore associations between domains of concern and anxiety/depression risk, and if associations vary by age.

Participants

<table>
<thead>
<tr>
<th>Characteristics</th>
<th>N</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age (years)</td>
<td>58</td>
<td>10</td>
</tr>
<tr>
<td>Non-Hispanic White</td>
<td>108</td>
<td>86%</td>
</tr>
<tr>
<td>Time Since Diagnosis (years)</td>
<td>5</td>
<td>7</td>
</tr>
</tbody>
</table>

Risk of Anxiety and Depression Among Ovarian Cancer Survivors

- 37% were at risk for clinically significant depression.
- 54% of participants were at risk for clinically significant anxiety.
- 37% were at risk for clinically significant depression.

Implications and Conclusions

- Concerns about health care team communication predict risk for clinically significant anxiety and depression in ovarian cancer survivors.
- Additionally, concerns about relationships and intimacy predict anxiety risk for younger survivors of ovarian cancer.
- Findings highlight the need for constructive patient-provider communications, focusing on relationships, sexual health, and fertility concerns.

References