Life after cancer

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Prevalence of psychological distress in patients with cancer

- Active phase of illness trajectory
  - Major depression (16%)
  - Anxiety (10%)

Mitchell, Chan, Bhatti, et al., 2011

- Survivorship (at least 2 years post-diagnosis)
  - Major depression (11.6%)
    - Healthy controls (10.2%)
  - Anxiety (17.9%)
    - Healthy controls (13.9%)

Mitchell, Ferguson, Gill, et al., 2013

Psychological distress in cancer survivors

- Most patients were psychologically resilience in response to cancer diagnosis

- Chronic distress among cancer survivors 10% to 20%
  - Predictors
    - Poor social support
    - Poor personal resources (e.g. pessimism, low self-esteem, negative intrusive thoughts)
    - Unmanaged physical symptom distress
    - Poor satisfaction with treatment decision making

Impacts of chronic distress on long-term survivorship

Multiple regression modeling of predictors of 6-year psychosocial outcome measures

ß values	HADS-A	HADS-D	CIES-R Intrusive	CIES-R Avoidance	CIES-R Hyper-arousal	ChSAS Family	ChSAS Self-image	ChSAS Appearance & Sexuality
Distress Trajectory Resilient†	Referent	Referent	Referent	Referent	Referent	Referent	Referent	Referent
Recovered†	0.02	-0.04	0.14*	0.10	0.08	0.03	-0.17*	-0.15*
Delay Recovery†	0.17**	0.05	0.15*	0.06	0.13	0.01	-0.05	-0.22**
Chronic Distress†	0.31**	0.22**	0.40***	0.25***	0.32***	-0.17*	-0.36***	-0.31***
C-LOT-R	-0.29**	-0.33***	-0.19**	-0.17*	-0.12	0.21**	0.20**	0.23**
GSES	-0.17**	-0.09	-0.07	0.05	-0.14*	0.09	-0.01	-0.01
EORTC Arm	0.06	0.03	0.06	-	-	-	-	-
Breast	0.22**	0.19**	0.19**	0.20**	0.21**	-	-0.04	-0.14*
Age	-0.22	-.20**	-0.03	-	-	-	0.07	-
Marital Status Married	-	-	-	-	-	-	-	0.17**
Occupation Housewife	-0.22**	-0.22**	-0.35***	-0.19**	-0.19**	0.06	0.14*	0.10
Employed	Referent	Referent	Referent	Referent	Referent	0.05	-0.06	Referent
Unemployed	-0.04	0.01	Referent	Referent	Referent	Referent	Referent	-0.12
Retired	-0.05	-0.09	-0.20**	0.01	-0.12	-0.04	0.11	0.01
Breast Cancer recurrence	-	-	-	-	-	-	-0.15*	-0.14*

Distress trajectory: 1-8 months post-surgery. All variable measured concurrently at 6 years, except † based on 1-8 months distress trajectory. Significance: *<0.05, **<0.01, ***<0.001

Self-image and appearance

Trajectories of body image and sexuality during the first year following diagnosis of breast cancer and their relationship to 6 years psychosocial outcomes

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George A. Bonanno · Anthony D. Mancini ·
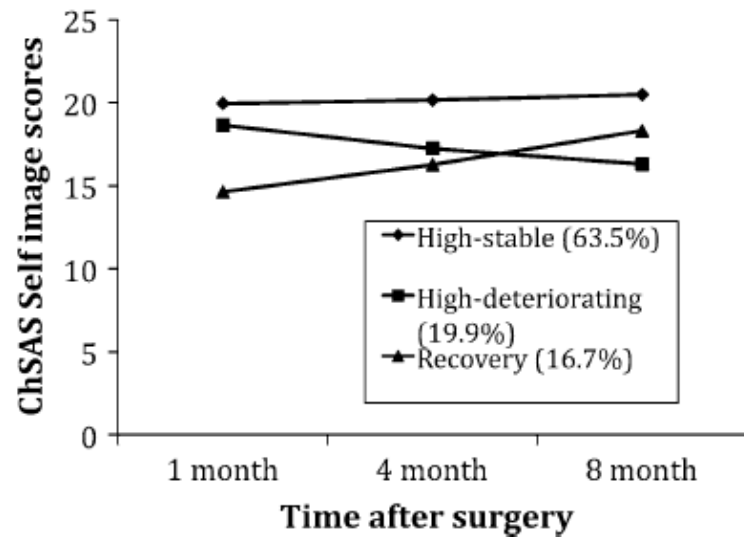Miranda Chan · Amy Or · Richard Fielding

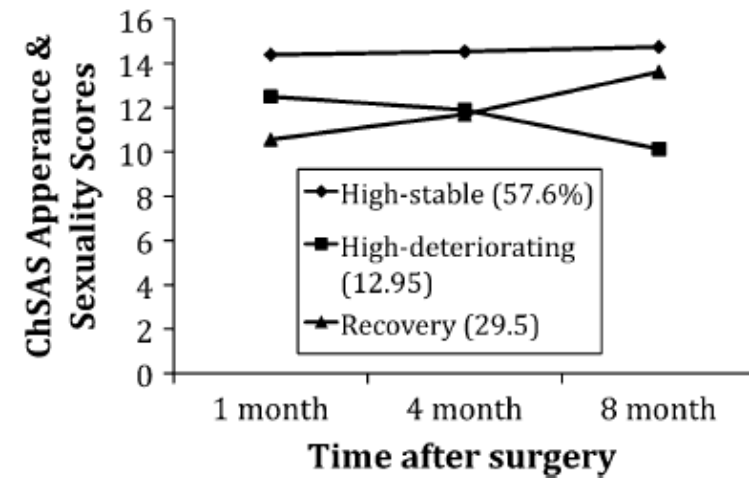Fig. 1 Trajectories of self-image following breast cancer surgery

Fig. 2 Trajectories of Appearance and Sexuality following breast cancer surgery

Table 6 Multiple regression modeling of predictors of 6-year psychosocial outcome measures ($n = 211$)

β values	HADS-anxiety	HADS-depression	CIES-R intrusive	CIES-R hyper-arousal	ChSAS self-image	ChSAS Appearance and Sexuality
Self-image trajectory						
High-stable[a]	Referent	Referent	Referent	Referent	Referent	Referent
Recovery[a]	0.22***	0.18**	0.24***	0.22**	−0.29***	−0.32***
High-deteriorating[a]	0.09	0.07	0.15*	0.08	−0.28***	−0.22**
Optimism	−0.27***	−0.34***	−0.17**	–	0.21**	0.24***
Self-efficacy	−0.20**	–	–	−0.14*	–	–
Breast symptoms	0.25***	0.20**	0.21**	0.22**	–	–
Age	−0.14*	–	–	–	–	–
Marital status						
Married	–	–	–	–	–	−.13*
Occupation						
Employed	0.16*	0.19**	.27***	–	–	–
Unemployed	–	–	–	.17**	–	–

This table included only the covariates that were statistically significant in at least on model

HADS Hospital Anxiety and Depression Scale, *CIES-R* Chinese Impact of Events Scale-revised, *ChSAS* Chinese Social Adjustment scale

Distress trajectory: 1–8 months post-surgery. All variable measured concurrently at 6 years, except [a]based on 1–8 months distress trajectory. Significance: * <0.05, ** <0.01, *** <0.001

Sexuality trajectories experienced greater difficulties in   distress distorts perception thereby probably impairing

Self-image

- When I looked at myself from the mirror, I don't know if that's really me. (Mrs. D)

- I feel that I'm different from others. I'm different from those who are normal. That is, those women whose appearance or bodies are perfect. For myself, I'm imperfect. I had the surgery and lost one side (of the breast). (Mrs. A)

- I think my body changes had affected me the most. I gained a lot of weight. I lost my self-confidence as I am so fat. (Mrs. C)

Regaining normalcy

- My friends didn't know I had cancer. I didn't want to tell them. I don't want them to pay attention to me. If they don't know you are sick, they'll treat you as a normal person. They will ask you out. Otherwise, I would be left out as they thought you can't do anything since you are sick. (Mrs. G)

- I think that keeping things under routine is the most helpful for me. I don't want any special attention. It's too artificial. It's better for them (her family) to treat me as usual, just like the 'previous' mother, the 'previous wife' and 'the previous' me. Otherwise, I would feel like a patient. (Mrs. C)

Lam WWT, Fielding R. The evolving experience of illness for Chinese women with breast cancer: a qualitative study. Psycho-oncology (2003) 12:127-140

"I wondered whether I'll ever become healthy again. I feel a great pressure and wonder whether I will always carry this illness."

Unmet Supportive Care Need	Percent with moderate to high need
Having one member of staff with whom you can talk to about all aspects of your condition	61.5%
Being informed about cancer which is under control	45.5%
Being informed about things you can do to help yourself to get well	38.7%
Being given written information about the important aspects of your care	38%
Being given explanation of those tests for which you would like explanations	33.8%

Physical symptom burden among cancer survivors

Class 1: No symptom burden

Class 2: Pain, fatigue, numbness insomnia, & itchy skin

Class 3: Multiple oral-digestive symptom burden

Class 4: Multiple somatic and emotional symptom burden

Class 5: Multiple physical symptoms burden

	Class 1 (41.7%)	Class 2 (26.3%)	Class 3 (14.3%)	Class 4 (13.6%)	Class 5 (4.1%)
1. Difficulty concentrating	0.00	0.14	0.08	0.64	0.58
2. Pain	0.08	0.45	0.45	0.82	0.83
3. Lack of energy	0.01	0.30	0.45	0.86	0.94
4. Cough	0.04	0.13	0.32	0.25	0.85
5. Change in skin	0.02	0.27	0.23	0.41	0.81
6. Dry mouth	0.06	0.14	0.72	0.51	1.00
7. Nausea	0.01	0.00	0.19	0.19	0.71
8. Feeling drowsy	0.00	0.14	0.22	0.56	0.72
9. Numbness	0.07	0.35	0.31	0.71	0.54
10. Difficulty sleeping	0.05	0.28	0.33	0.70	0.78
11. Feeling bloated	0.02	0.13	0.13	0.43	0.47
12. Problem with urination	0.01	0.05	0.05	0.14	0.23
13. Vomiting	0.00	0.00	0.06	0.06	0.40
14. Shortness of breath	0.01	0.05	0.17	0.23	0.33
15. Diarrhea	0.01	0.07	0.05	0.12	0.05
16. Sweat	0.00	0.17	0.07	0.32	0.14
17. Mouth sores	0.01	0.05	0.28	0.16	0.75
18. Problem with sexual	0.01	0.06	0.02	0.22	0.50
19. Itching	0.01	0.30	0.22	0.43	0.58
20. Lack of appetite	0.00	0.00	0.38	0.25	0.73
21. Dizziness	0.00	0.05	0.15	0.36	0.41
22. Difficulty swallowing	0.01	0.01	0.47	0.09	0.82
23. Change in the way food tastes	0.02	0.05	0.65	0.28	0.93
24. Weight loss	0.00	0.02	0.16	0.06	0.46
25. Hair loss	0.01	0.04	0.14	0.06	0.52
26. Constipation	0.03	0.09	0.20	0.27	0.55
27. Swelling of arms or legs	0.02	0.13	0.02	0.30	0.07
28. I don't like myself	0.00	0.10	0.16	0.40	0.50
29. Feeling sad	0.01	0.14	0.05	0.68	0.50
30. Worrying	0.03	0.17	0.14	0.70	0.54
31. Feeling irritable	0.03	0.14	0.03	0.65	0.51
32. Feeling nervous	0.00	0.09	0.01	0.58	0.34

- One in two cancer survivors experienced multiple symptom burden.
  - Predominately pain, fatigue, neuropathy, sleep disturbance, and dry mouth.
- Greater symptom burden was associated with psychological distress, as well as inadequate support in managing physical and daily living at home.
- Effective symptom assessment and management in early post-treatment survivorship are essential in minimize preventable distress.

Can Wellness Industry offer support to cancer survivors?

- Non-pharmaceutical intervention is preferred alternative in managing residual physical symptom burden. Physical exercise is effective in relieving physical symptoms such as pain, fatigue, and sleep disturbance.
  - Cancer survivors report lack of confidence in performing physical activity.

- Yoga incorporates gentle movements, breathing and meditation techniques could be an alternative, improving physical and psychological well-being, thereby, regaining normalcy.

"Self-confidence makes you pretty and beautiful"

Yin Chun Club, Hong Kong Breast Cancer Self-help Group