

Patient-Reported Outcomes and Attitudes in Patients at High-Risk for Breast Cancer

PRESENTER:

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BACKGROUND:

- Quality of life is assessed using patient-reported outcome measures (PROMs)
- PROMs are rarely utilized in patients at high-risk for breast cancer despite previous studies showing greater distress

AIM:

1. Evaluate satisfaction and wellbeing in patients at high-risk for breast cancer using patient-reported outcomes (PROs)
2. Identify areas of opportunity and gaps in care to drive innovation and improve resources available for this patient population

HYPOTHESIS:

- High-risk patients would have lower PROs compared to normative controls given previously documented increased levels of depression and distress

METHODS:

- Collected the BREAST-Q (a validated questionnaire) from patients seen in a high-risk breast clinic at a comprehensive cancer center
 - Satisfaction with Breasts
 - Psychosocial Wellbeing
 - Physical Wellbeing
 - Sexual Wellbeing
- Analyzed with descriptive statistics and one-sample t-tests
- Additional questions assessing worry were evaluated



Patients at high-risk for breast cancer have higher breast satisfaction and lower physical wellbeing but equivalent psychosocial and sexual wellbeing compared to patients with average risk

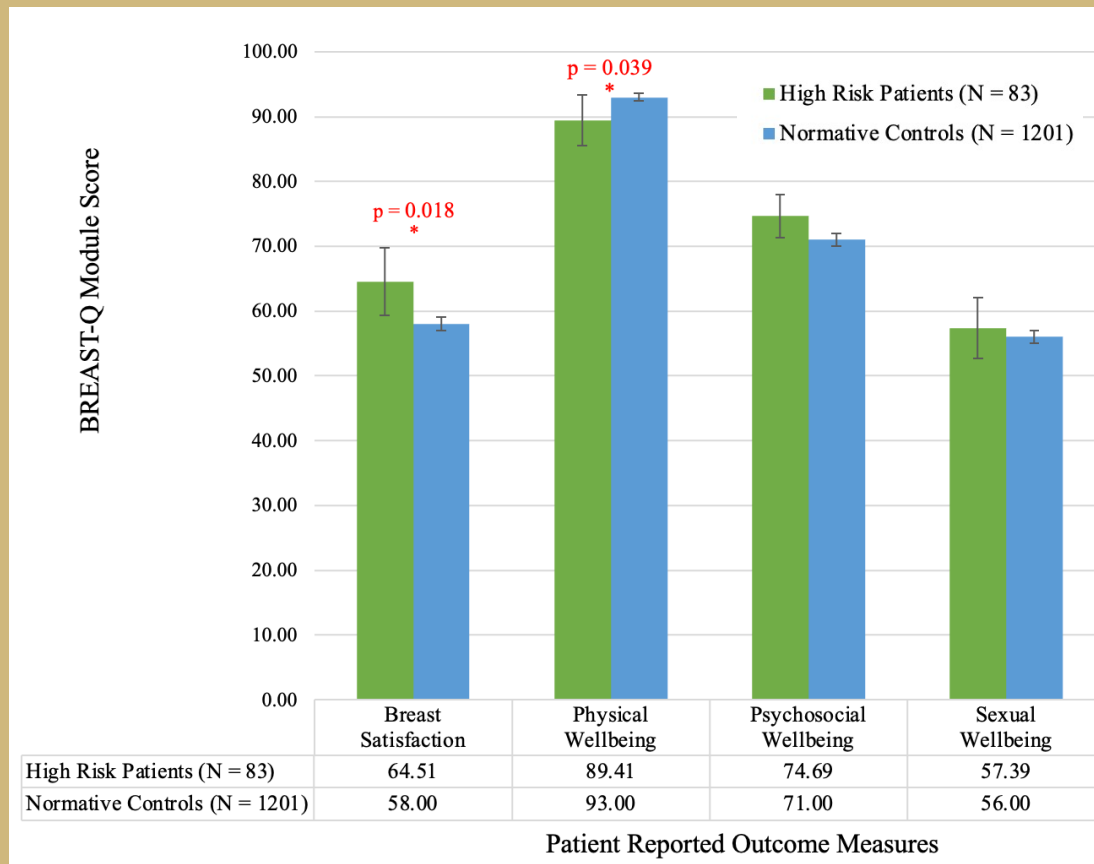


Figure 1: High-risk compared to normative control scores for the BREAST-Q domains: Satisfaction with Breasts, Physical Wellbeing, Psychosocial Wellbeing, Sexual Wellbeing with 95% Confidence Intervals

RESULTS:

August 2020 – February 2025

- 83 participants without a previous history of breast cancer fully completed the BREAST-Q (inclusion rate: 81.4%)
 - Mean age: 41yo (SD 10)
 - 62.7% married
 - 80.7% employed
 - 85.5% non-Hispanic/Latino
 - 79.5% white
 - 67.5% advanced degree
 - 67.5% with a household income >\$90,000



- Compared to normative controls, high-risk participants had:
 - **Significantly higher Satisfaction with Breasts**
 - **Significantly lower Physical Wellbeing**
 - Equivalent Psychosocial and Sexual Wellbeing
- Increased screening provides a sense of control to participants (84.3%)
- Participants are most anxious about developing cancer, imaging and worried about other family members

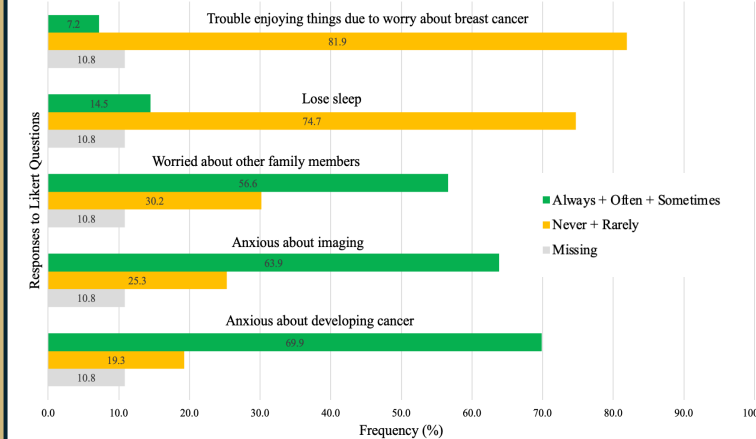


Figure 2: Participant responses to Likert-scale questions

CONCLUSIONS:

- Patients at high-risk for breast cancer have different PROs compared to normative controls
- High-risk participants have unique worries and anxieties
- Recognition of these differences in the first step to providing resources and support for this patient population in the future
- Etiology for these differences is unclear
 - Future research is needed to investigate potential causes