

# Breast cancer patients with *high distress* at diagnosis *report worse quality of life* compared to their peers.

## High distress portends worse patient reported outcomes among newly diagnosed breast cancer patients

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### Introduction

- Breast cancer is common
- New diagnoses can lead to distress and impaired quality of life (QoL)
- This study examines relationship between high distress and patient-reported outcomes (PROs)

### Methodology

- Design: Cross-sectional survey
- Population: Stage 0-III Breast Cancer Patients
- Survey:
  - Cancer Distress Screening Survey
    - Emotional, Health, Social, and Practical distress
  - BREAST-Q Module
    - Satisfaction with Breasts (SB)
    - Psychosocial Wellbeing (PsW)
    - Physical Wellbeing (PhW)
    - Sexual Wellbeing (SW)

### Results

- 170 patients completed both the distress screen and the BREAST-Q module
- 85 (52%) had high distress
  - 48% did not have high distress
- Patients with high distress had lower scores for SB ( $p=0.01$ ), PsW ( $p<0.01$ ), PhW ( $p<0.01$ ), SW ( $p=0.02$ ) (Figure 1)
- High distress was an independent predictor for lower scores for SB, ( $p=0.04$ ) PsW ( $p<0.01$ ), and SW ( $p<0.05$ )

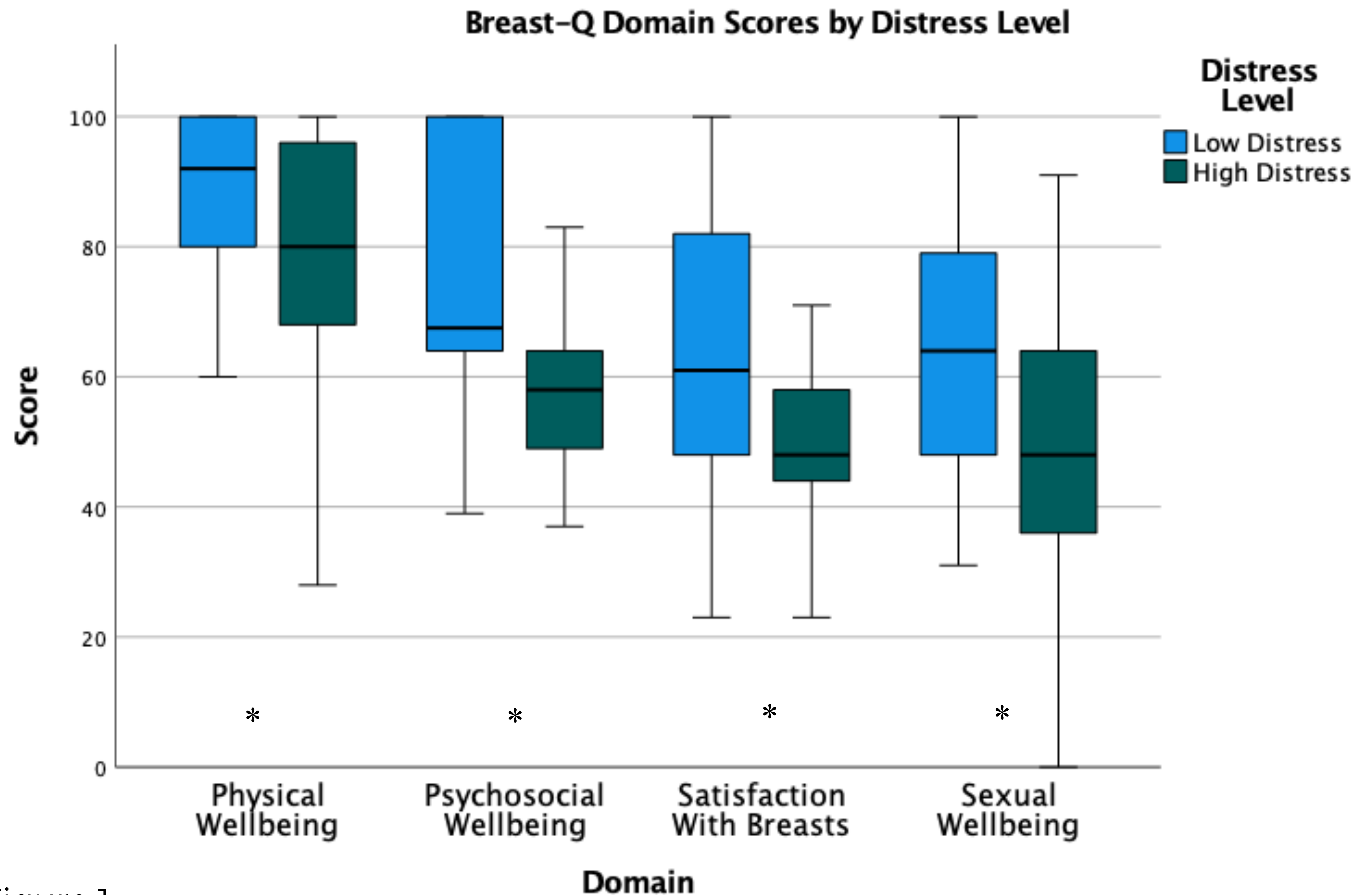


Figure 1