

PSYCHOLOGICAL DOMAINS

Women surviving cancer
A telematic and interactive seminar
(14th-15th May 2020)

Alejandra Herrera Muñoz
FEA Ginecología y Obstetricia
Hospiten Estepona. Málaga. Spain





ANGER

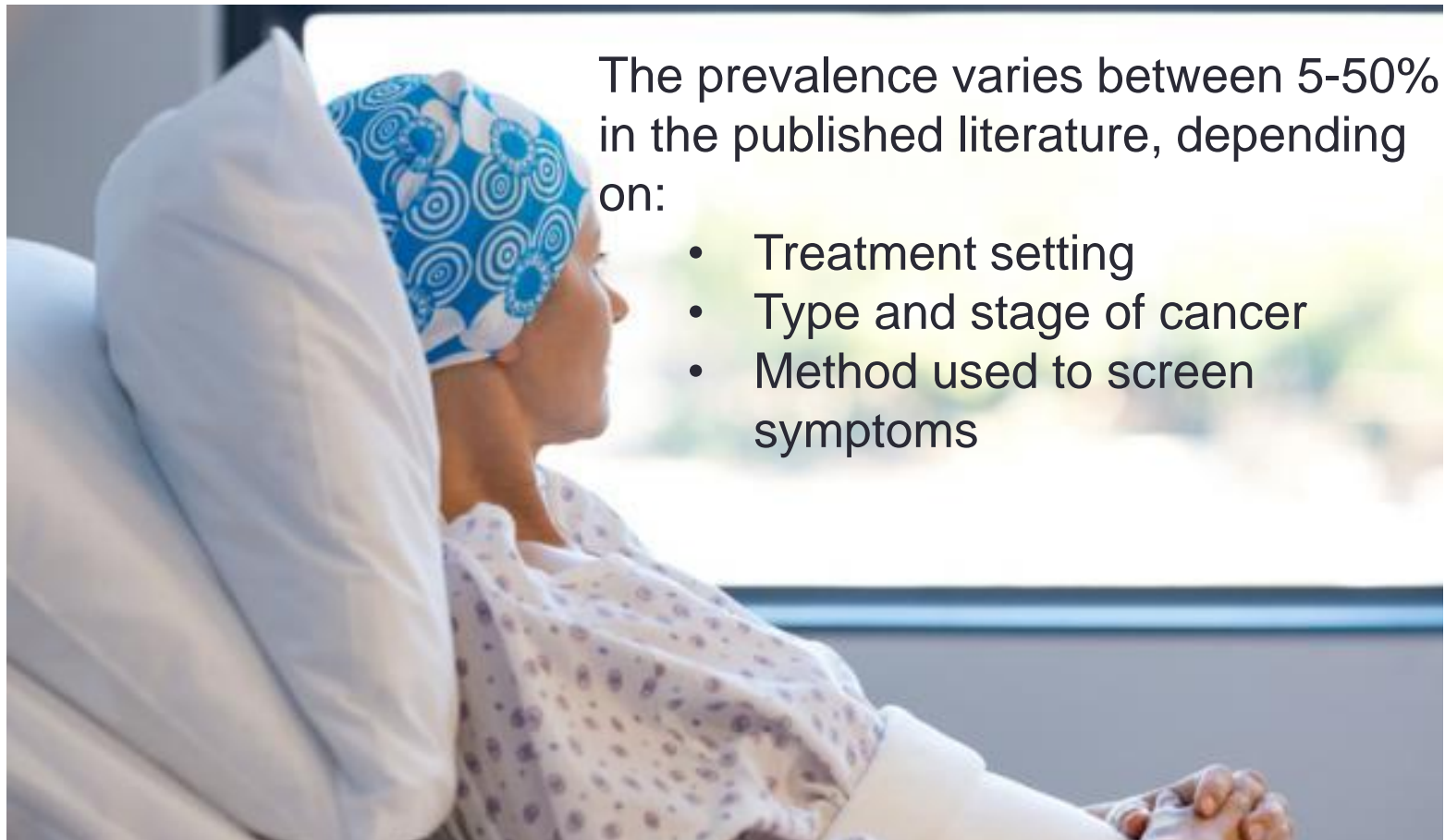
I've just
finished the
treatment.
Everything is
over?

FEAR

ANXIETY



PSYCOPATHOLOGY IN CANCER SURVIVORS



The prevalence varies between 5-50% in the published literature, depending on:

- Treatment setting
- Type and stage of cancer
- Method used to screen symptoms

Brandenburg D, Maass S, Geerse O, Stegmann M, Handberg C et al. A systematic review in the prevalence of symptoms of depression, anxiety and distress in long term cancer survivors: Implications for primary care. Eur J Cancer care 2019; 28: e13086

RISK FACTORS

- Younger age
- Women
- Lower educational level
- Comorbidity
- Lower income
- Not be partnered or married
- Prior mental pathology



PSYCHOLOGICAL SYMPTOMS

- First 1-3 years after treatment



CRITICAL PERIOD

- 1.- Abandonment and isolation
- 2.- Fear of recurrence or dying
- 4.- Anger
- 5.- Existential crisis
- 6.- Grief and loss
- 7.- Depression
- 8.- Anxiety
- 9.- Poor body image
- 10.- Sexual dysfunction
- 11.- Distress

ABANDONMENT AND ISOLATION

- End of treatment → Not previous support
- Not be understood by family/friends
- Fear of recurrence
- Fear of dying



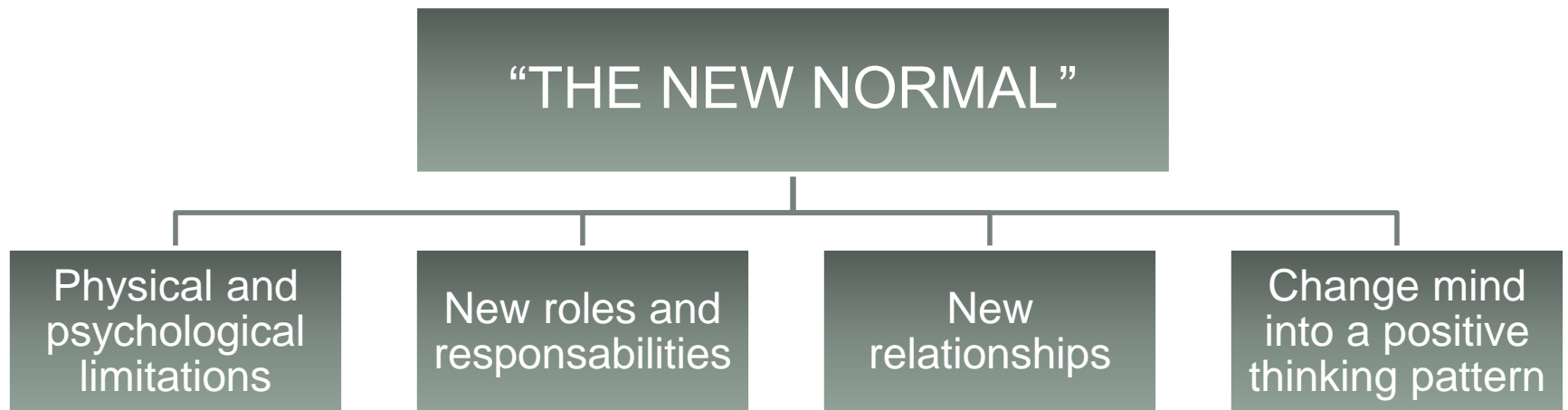
ANGER

- Family or friends haven't supported them
- Their body have failed them
- Late diagnosis
- Blame themselves



EXISTENTIAL CRISIS

- Change the purpose of life
- Focus on their spirituality



GRIEF AND LOSS

- Impact on women's bodies
- Loss (surgery or chemotherapy):
 - Organs: breast, ovary, uterus
 - Functions: fertility, femininity or libido

PREMATURE MENOPAUSE



Deeks AA, Gibson-Helm M, Teede H, Vincent A. Premature menopause: a comprehensive understanding of psychosocial aspects. Climacteric 2011; 14:565-572.

DISTRESS

- 1/3 cancer patients
- Known since 2010 as the “6th vital sign”
- Should be measured by the DT (Distress thermometer)



Adjustment
disorder

The diagram consists of a large, light gray arrow pointing to the right. Inside this arrow are two dark gray rounded rectangular boxes. The first box on the left contains the text 'Adjustment disorder'. The second box on the right contains the text 'Major depressive episode'. The boxes are connected by a horizontal line, suggesting a progression or relationship between the two conditions.

Major
depressive
episode



Shapiro CL. Cancer survivorship. N Engl J Med 2018; 379: 2438-50
Holland JC, Bultz BD. The NCCN guideline for distress management: a case for making distress the sixth vital sign. J Natl Compr Can Netw 2007; 5:3-7

DISTRESS THERMOMETER



National
Comprehensive
Cancer
Network®

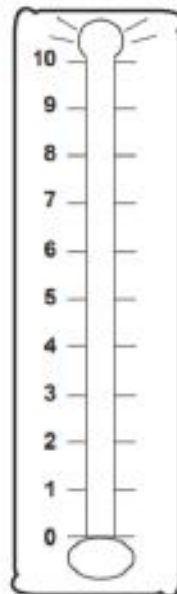
NCCN Distress Thermometer and Problem List for Patients

NCCN DISTRESS THERMOMETER

Distress is an unpleasant experience of a mental, physical, social, or spiritual nature. It can affect the way you think, feel, or act. Distress may make it harder to cope with having cancer, its symptoms, or its treatment.

Instructions: Please circle the number (0–10) that best describes how much distress you have been experiencing in the past week including today.

Extreme distress



No distress

PROBLEM LIST

Please indicate if any of the following has been a problem for you in the past week including today.

Be sure to check YES or NO for each.

YES NO Practical Problems

- ☐ ☐ Child care
- ☐ ☐ Food
- ☐ ☐ Housing
- ☐ ☐ Insurance/financial
- ☐ ☐ Transportation
- ☐ ☐ Work/school
- ☐ ☐ Treatment decisions

Family Problems

- ☐ ☐ Dealing with children
- ☐ ☐ Dealing with partner
- ☐ ☐ Ability to have children
- ☐ ☐ Family health issues

Emotional Problems

- ☐ ☐ Depression
- ☐ ☐ Fears
- ☐ ☐ Nervousness
- ☐ ☐ Sadness
- ☐ ☐ Worry
- ☐ ☐ Loss of interest in usual activities

- ☐ ☐ Spiritual/religious concerns

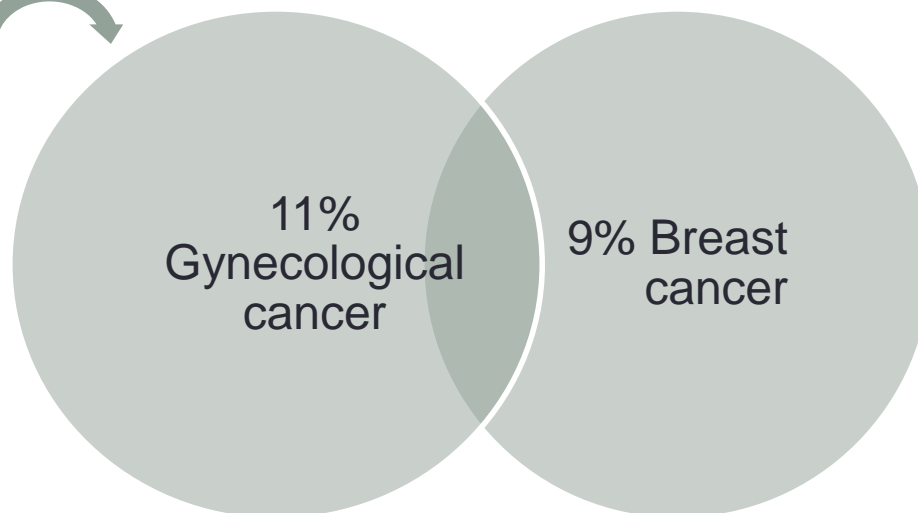
YES NO Physical Problems

- ☐ ☐ Appearance
- ☐ ☐ Bathing/dressing
- ☐ ☐ Breathing
- ☐ ☐ Changes in urination
- ☐ ☐ Constipation
- ☐ ☐ Diarrhea
- ☐ ☐ Eating
- ☐ ☐ Fatigue
- ☐ ☐ Feeling swollen
- ☐ ☐ Fevers
- ☐ ☐ Getting around
- ☐ ☐ Indigestion
- ☐ ☐ Memory/concentration
- ☐ ☐ Mouth sores
- ☐ ☐ Nausea
- ☐ ☐ Nose dry/congested
- ☐ ☐ Pain
- ☐ ☐ Sexual
- ☐ ☐ Skin dry/itchy
- ☐ ☐ Sleep
- ☐ ☐ Substance use
- ☐ ☐ Tingling in hands/feet

Other Problems: _____

DEPRESSION AND ANXIETY

- 20% survivors → **Depression**
- 10% survivors → anxiety



LA ATENCIÓN PSICOLÓGICA
AL PACIENTE DE CÁNCER
EN ESPAÑA

EVIDENCIA CIENTÍFICA, DOCUMENTACION SANITARIA
Y VISION DE LOS FACULTATIVOS SOBRE LA ASISTENCIA
PSICOLOGICA A LOS PACIENTES DE CANCER

2018



**Prevalence of depression, anxiety, and adjustment disorder
in oncological, haematological, and palliative-care settings:
a meta-analysis of 94 interview-based studies**

Alex J Mitchell, Melissa Chan, Henna Bhatti, Marie Halton, Luigi Grossi, Christopher Johansen, Nicholas Meader

Summary

10.1136/13-156-74
Published Online

Background Substantial uncertainty exists about prevalence of mood disorders in patients with cancer, including those in oncological, haematological, and palliative-care settings. We aimed to quantitatively summarise the prevalence of

ASCO GUIDELINES

Screening, Assessment, and Care of Anxiety and Depressive Symptoms in Adults With Cancer: An American Society of Clinical Oncology Guideline Adaptation

Barbara L. Andersen, Robert J. DeRubeis, Barry S. Berman, Jessie Gruman, Victoria L. Champion, Mary Jane Massie, Jimmie C. Holland, Ann H. Partridge, Kate Bak, Mark R. Somerfield, and Julia H. Rowland

Item
PHQ-9
Over the past two weeks, how often have you been bothered by any of the following problems?
1. Little interest or pleasure in doing things
2. Feeling down, depressed, or hopeless
3. Trouble falling or staying asleep, or sleeping too much
4. Feeling tired or having little energy
5. Poor appetite or overeating
6. Feeling bad about yourself—or that you are a failure or have let yourself or your family down
7. Trouble concentrating on things, such as reading the newspaper or watching television
8. Moving or speaking so slowly that other people could have noticed? Or the opposite—being so fidgety or restless that you have been moving around a lot more than usual
9. Thoughts that you would be better off dead or hurting yourself in some way
Column totals
If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

GAD-7

Over the past two weeks, how often have you been bothered by the following problems?

1. Feeling nervous, anxious, or on edge
2. Not being able to stop or control worrying
3. Worrying too much about different things
4. Trouble relaxing
5. Being so restless that it is hard to sit still
6. Becoming easily annoyed or irritable
7. Feeling afraid as if something awful might happen

Column totals

If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

Andersen B, DeRubeis RJ, Berman BS, Gruman J, Champion VL et al. Screening, assessment and care of anxiety and depressive symptoms in adults with cancer: an american society of clinical oncology guideline adaptation. J Clin Oncol 2014;32(15): 1605- 1620

ASSESSMENT APPROACH

- **1ST STEP** Health care professionals should screen their patients
- **2ND STEP** Focused assesment and relevant interventions
 - Coping skills and social support
 - Mindfulness practice, psychoeducational interventions, physical activity, cognitive behavioral therapy
 - Drugs: SSRI, antidepressants
- **3RD STEP** Need to referral to psychosocial resources

Naughton MJ, Weaver KE. Physical and mental health among cancer survivors: considerations for long-term care and quality of life. N C Med J 2014; 75(4):283-286.

Burney S. Psychological issues in cancer survivorship. Climacteric 2019; 22(6): 584-588

Shapiro CL. Cancer survivorship. N Engl J Med 2018; 379: 2438-50

KEY MESSAGES

- Psychological symptoms are up to two times more frequent in cancer survivors than in the general population.
- First 1-3 years after treatment are critical for mental pathology
- Psychological symptoms can make the transition to “the new normal” difficult
- At the present time many cancer survivors are not adequately screened for psychological symptoms since there are not established guidelines to assess mental health in this population
- Health professionals should develop tools of mental health practitioners to screen their cancer patients for mental health status

“When we can no longer change a situation, we are challenged to change ourselves”

Viktor Frankl

THANK YOU
VERY MUCH
FOR YOUR
ATTENTION

