

# 1432P - Incorporating psycho-social factors in cancer treatment adverse events studies

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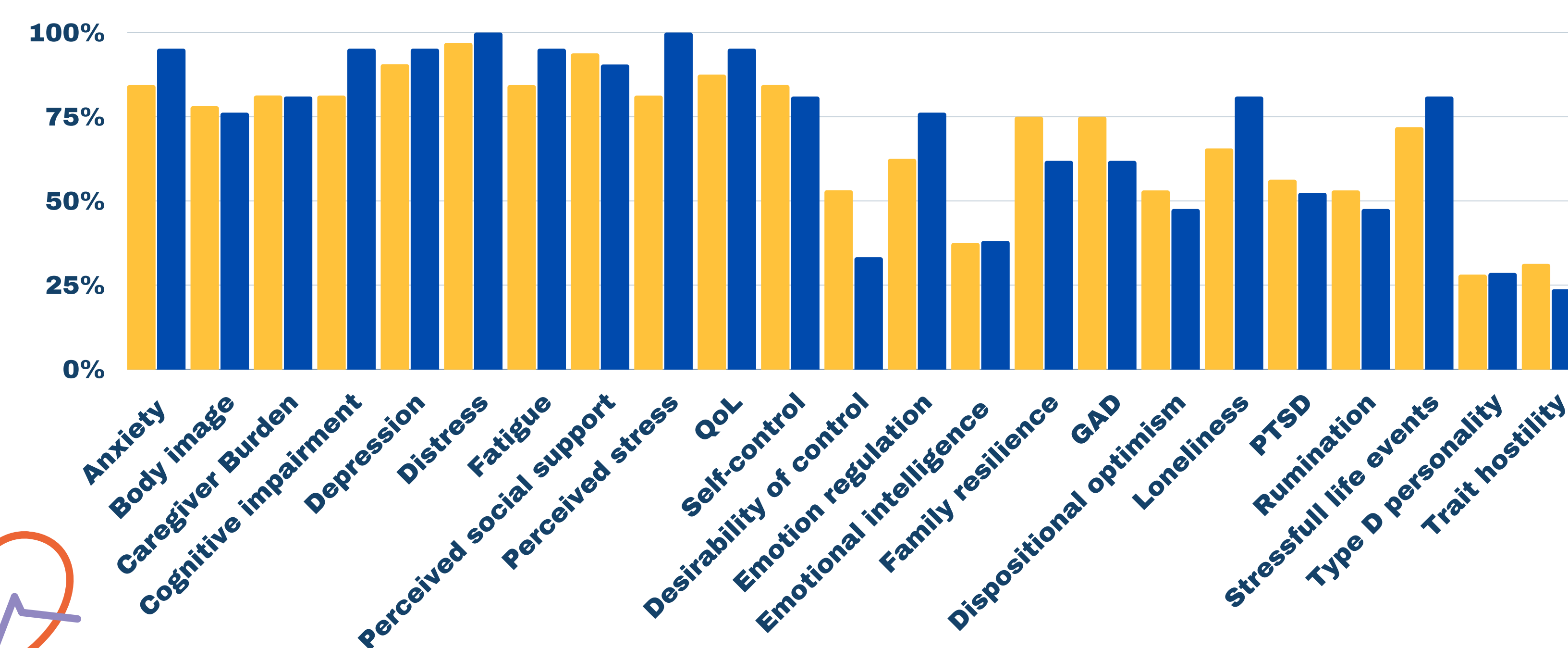


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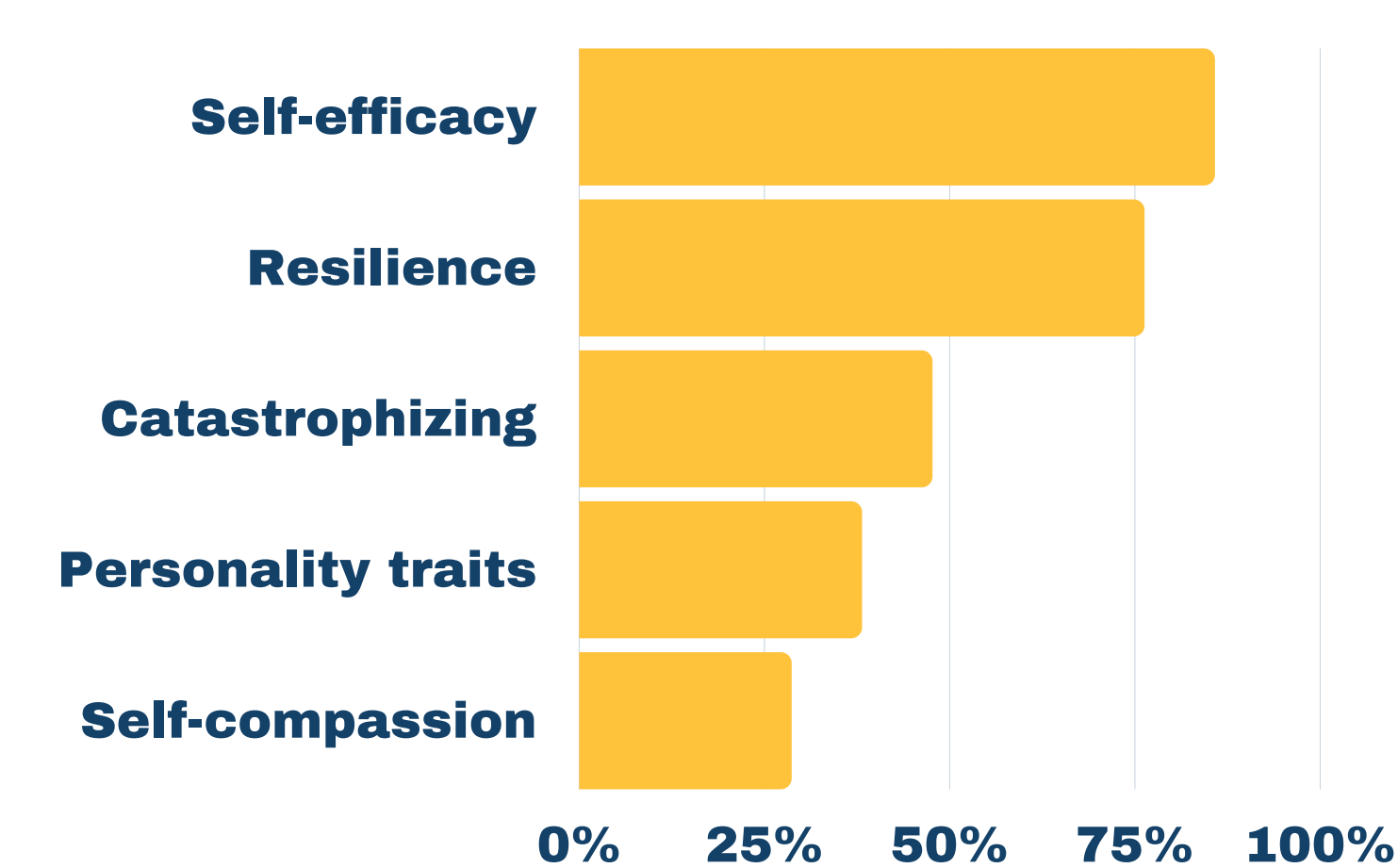
## Introduction

- **Cancer treatments can induce collateral toxic effects, clinically observable after years from completion of treatments. Cardiotoxicity, as a direct effect of cancer treatment on heart function and structure, has been shown to be a major cause of morbidity and mortality among breast cancer patients.**
- **Even though in literature, correlations between psycho-social aspects and cardiovascular diseases have been observed, the possible impact of these psycho-social factors on cardiotoxicity as an adverse event of cancer treatment, has not been studied yet.**
- **This Delphi Study is intended to collect reliable information regarding psycho-social risk factors that could be considered as correlates of cancer treatment adverse.**

**TABLE 1.** Results of the two rounds regarding the agreement on considering the following variables as correlates of cancer treatment adverse events management



**TABLE 2.** Second round percentage of the rating of the added variables suggested during round 1



## Method

### A TWO ROUNDS DELPHI STUDY

- 1** We identified a panel experts in the psycho-oncology field (32 participated) who were asked to rate their level of agreement on considering and measuring a list of selected psycho-social variables as correlates of patients' adjustment to cancer treatment adverse events based on their experience.
  - Experts were asked to indicate any additional psychological constructs they deemed related to adverse events due to cancer treatments.
- 2** Participants were asked to repeat the questionnaire considering the means and standard deviation of the answers given by all the participants during round 1.
  - Experts were also asked to indicate their level of agreement on considering and measuring each of the additional constructs suggested by the majority of participants during round 1.

## Discussion

- **The present paper provides experts' consensus-based recommendations for the inclusion of psycho-social dimensions in studies and clinical practice considering patients' adjustment to, or self-management of, cancer treatment adverse events..**
- **Psycho-social factors, along with prolonged stress, can impact biological mechanisms leading to conditions such as autonomic nervous system dysfunction, hypothalamic-pituitary-adrenal (HPA) axis dysfunction, endothelial dysfunction, and inflammation.**
- **In our study among the constructs about which experts showed consensus, perceived stress and distress were the variables that received the 100% of agreement for being considered and measured as correlates of patients' adjustment to or management of cancer treatment adverse events; however other psycho-social aspects seems to be relevant and merit to be further investigated.**
- **Up to the date, we lack knowledge regarding the possible impact of psycho-social factors as correlates of cancer treatment adverse events such as cardiotoxicity, which is one of the most investigated in the research literature.**
- **There is an urgent need to better understand the role of psycho-social variables in this context, in order to prevent adverse events or support patients' management of adverse events due to cancer therapies and improve the quality of life and longevity of the cancer population.**
- **The results of this Delphi study can be considered as a theoretical framework for implementing exploratory studies in this direction.**

## Results

- **Results coming from the two-round Delphi consensus study have suggested the importance of considering fifteen psychological constructs such as anxiety, caregiver burden, cognitive impairment, depression, distress, fatigue, generalized anxiety disorder, loneliness, perceived social support, perceived stress, quality of life, self-control and self-management, stressful life events and self-efficacy.**
- **Perceived stress and distress were the variables showing the highest level of consensus.**

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