

Quality of life, psychological wellbeing and treatment needs in Head and Neck cancer patients

Farah Shiraz, Emmylou Rahtz, Iain Hutchison, Kamaldeep Bhui, Ania Korszun
 f.shiraz@qmul.ac.uk, e.rahtz@qmul.ac.uk, a.korszun@qul.ac.uk

Aims

To identify levels of:

- psychological distress
- quality of life
- perceived emotional needs

Head and neck cancer patients (HNC)

Patients being treated for head and neck cancer¹ may go on to experience psychological distress and poor quality of life.

Method

Sample: 124 HNC patients

Age

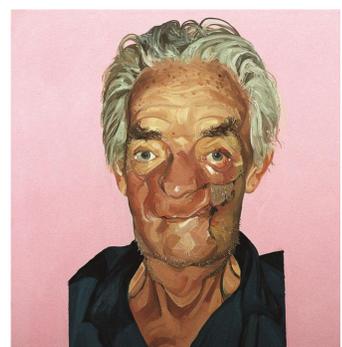
18-35	13%
36-65	52%
66+	35%

Gender

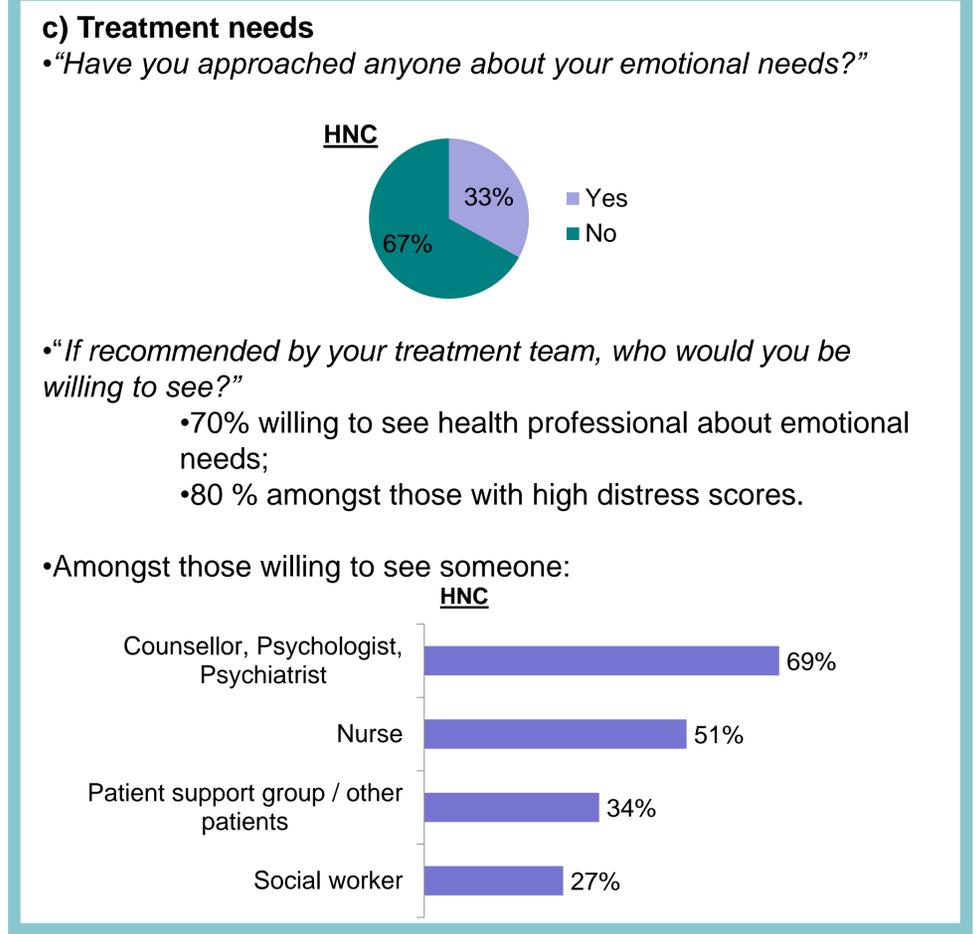
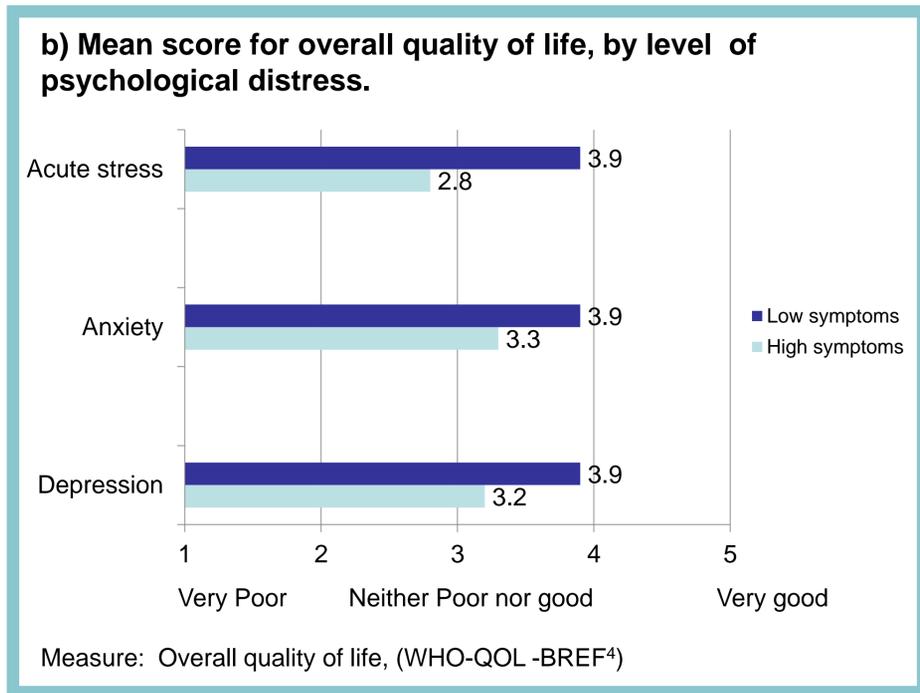
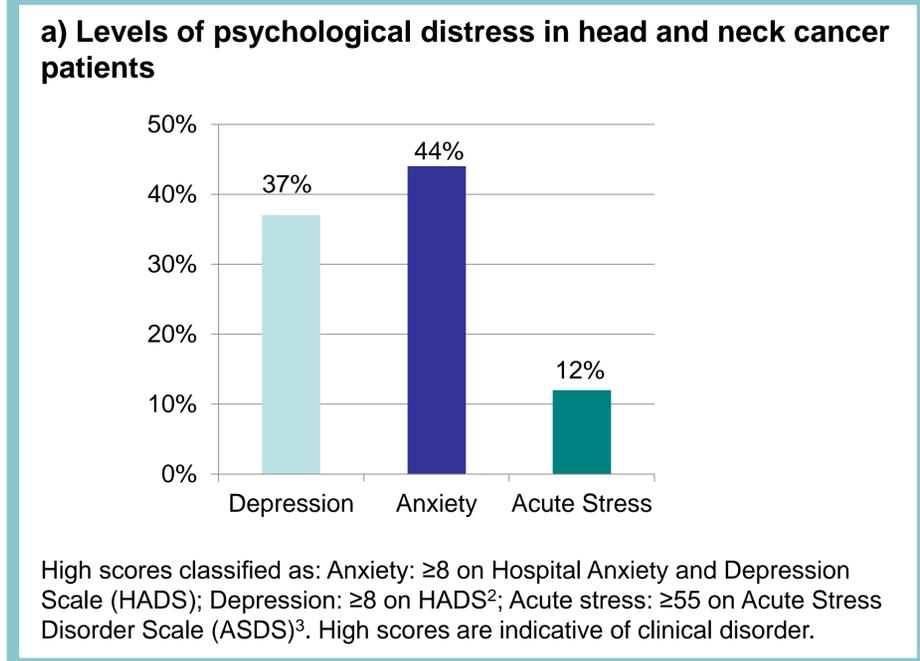
Male	61%
Female	39%

Procedure: Audit of all HNC patients attending weekly outpatient clinics. Patients completed self report questionnaires measuring levels of anxiety, depression (HADS), acute stress (ASDS) and quality of life (WHOQOL- BREF).

•Head and neck cancer outpatient clinic - St Bartholomew's Hospital; London.



Results



Clinical implications

- There are high levels of psychological distress in HNC patients.
- Lower quality of life is associated with higher levels of psychological distress.
- A measure of psychological distress may be more useful in clinical settings than measuring QOL alone.
- A high proportion of HNC patients are willing to receive psychological treatment.

References:
 1. Archer, J., Hutchison, I., & Korszun, A. (2008). Mood and malignancy: head and neck cancer and depression. *Journal of oral pathology & medicine* : official publication of the International Association of Oral Pathologists and the American Academy of Oral Pathology, 37(5), 255-70.
 2. Bryant, R. A., Moulds, M. L., & Guthrie, R. M. (2000). Acute Stress Disorder Scale: A Self-Report Measure of Acute Stress Disorder. *Psychological Assessment*, 12(1), 61-68.
 3. Zigmond, AS; Snaith, R. (1983). The hospital anxiety and depression scale. *Acta Psychiatrica Scandinavica*, 67(6), 361-370.
 4. Skevington SM, Loffy M, O. K. (2004). The World Health Organization's WHOQOL-BREF quality of life assessment: psychometric properties and results of the international field trial. A report from the WHOQOL group. *Qual Life Res*, 13, 299-310