

Findings from the Life After Prostate Cancer Diagnosis study

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Background

- Prostate cancer (PCa) is the most common cancer affecting men in the UK
- Increasing survivorship requires focus on quality of life following diagnosis and treatment
- There are likely social impacts of PCa



Aims:

- (1) To identify key predictors of social distress in a large cohort of men with PCa
- (2) To compare outcomes with a general population sample.

Method

- Cross-sectional postal survey of all men diagnosed with PCa in the UK 18-42 months previously.
- Stratified sample of 10,000 men in NI (excluding any men with a previous diagnosis of PCa) provided a general population comparison.
- Validated PROMs covering generic and PCa specific domains alongside psychological and social outcomes.
- Social Difficulties Inventory: Validated measure of **social distress**, including level of difficulty with everyday living (e.g. independence), money matters and self & others (e.g. communicating with others).

Results

Men with PCa

- 35,823 of 58,930 men responded (60.8% response rate).
- 9.4% men were socially distressed (scored ≥ 10 on the social distress scale).
- **Unemployment** was most strongly associated with distress (OR=11.58, 95% CI 9.16 - 14.63).

Other factors associated with distress included:

- Having ≥ 3 other long-term conditions (OR=5.37, 95% CI 4.61 - 6.27).
- Receiving combination treatment or **Androgen Deprivation Therapy** (OR=2.00, 95% CI 1.58 - 2.53).
- Having ever consulted for **mental health related problems** (OR=2.23, 95% CI 2.00 - 2.48).
- Living in an area of greater **deprivation** (OR=2.30, 95% CI 1.95 - 2.72).

General population

- Men from NI with PCa diagnosis were compared against men from the general population.
- Men with PCa were **more likely** to be socially distressed (OR=1.54; 95% CI 1.06 – 2.12, $p < .01$).

Checklist: Risk factors

Sociodemographic

- Unemployment
- Under 60 years
- Living in area of greater deprivation
- Separated/divorced
- Caring responsibilities
- Non-white ethnicity



Clinical

- Multiple comorbidities
- Has consulted a health/ social care professional for a mental health, alcohol or drug related problem



- BMI > 30

PCa related

- Combination therapies
- Androgen deprivation therapy
- Advanced disease



Conclusions

The majority of men living 18-42 months following a diagnosis of PCa report **little social distress**. Men with PCa had greater odds of reporting social distress than men without this diagnosis. The identification of risk factors has valuable clinical impact. A simple checklist could aid delivery of appropriate targeted interventions.

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