

ADT & wellbeing paper

Main findings:

- We looked at psychological distress (e.g. feeling hopeless or depressed) and mental well-being in men treated with hormone therapy after being diagnosed with prostate cancer.
- A small proportion (6.6%) of men reported experiencing distress and 15.5% reported poor well-being.
- Experiencing high levels of fatigue was related to worse psychological outcomes.

What was the question?

Do men treated with hormone therapy for prostate cancer report poor mental health 18-42 months after being diagnosed?

What physical symptoms are related to poorer mental health?

What did we do?

The Life After Prostate Cancer Diagnosis study sent surveys to men across the UK. The men had all been diagnosed with prostate cancer 18-42 months before.

The survey asked the men about what their life is like after cancer. We asked questions about any problems men were having. The survey included questions about whether they were experiencing distress, which includes feeling hopeless or depressed, over the past month. It also included questions about men's mental well-being.

What did we find?

Nearly 36,000 men filled in the survey. We focused on just the men whose treatment involved receiving hormone therapy (13,000 men). Most men didn't report psychological problems. There was a small percentage (6.6%) that did report psychological distress and poor well-being (15.5%).

High levels of fatigue were related to having felt distress in the last month. If men reported being bothered about problems with going to the toilet or functioning sexually, they were more likely to report poorer mental health.

What does this mean?

Most men treated for prostate cancer using Androgen Deprivation Therapy don't report psychological distress or poor well-being. A small proportion did report these problems.

This study shows that it's important for the people providing care to men with prostate cancer to understand some of the warning signs for poorer mental health. At the moment, men with prostate cancer aren't routinely asked about whether they have fatigue. Services need to adapt so that the right questions are asked so that men can get the support they need.