

Decision regret in men living with and beyond non-metastatic prostate cancer in the UK: a population-based patient-reported outcome study

Main findings:

- We looked at whether men who were diagnosed with prostate cancer 18-42 months ago regretted the treatment decision that they'd made.
- Most men had some regret and certain groups of men were more likely to say they regretted the decision they had made.
- If they felt they'd been 'definitely' involved in their treatment decision, men tended to report less regret.
- Men who had moderate or big problems with their urinary, bowel or sexual function were more likely to experience regret compared to men with no or small problems

What was the question?

There were two questions we wanted to look at in this study:

- Do men diagnosed with prostate cancer 18-42 months ago regret the treatment decision they made?
- Were certain groups of men more likely to regret the decisions made about their treatment?

What did we do?

The Life After Prostate Cancer Diagnosis study sent surveys to men in England, Wales, Scotland and Northern Ireland. 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 men lots of questions about any problems they were having. We also asked if men regretted the decision they'd made about their treatment.

What did we find?

Nearly 36,000 men filled in the survey. We focused on just the men whose cancer hadn't spread (around 17,000 men). Most men (63%) had some regret about the decision they had made. One of the main things we found to be related to feeling regret was how involved men felt they had been in decisions about their treatment. If men said they were 'definitely' involved in the decision they tended to report less regret. We also found experiencing side-effects after treatment was also related to feeling regret.

What does this mean?

It's really important for the doctors discussing treatment options with men to consider their views. It's likely there will always be a group of men who experience treatment-related side effects, support should be available to reduce the impact of these on men's wider quality of life. These results will be fed back to prostate cancer services so that improvements can be made.