



吉林大学第一醫院
THE FIRST HOSPITAL OF JILIN UNIVERSITY

Difference of Anxiety and Depression in Patients with Different Degrees of Cancer Pain and the Influence Effect on Survival

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Background



- Cancer pain is the most common concomitant disease in cancer patients, with an incidence rate of 61.6%.
- Pain seriously affects the quality of life of patients
- Pain affects the patients' emotional state, which is easy to cause anxiety and depression
- What is the incidence of anxiety and depression in patients with varying degrees of pain?
- What is the impact of pain, anxiety, and depression on the patients' survival time?



Purpose



- Distress Assessment and Response Tool (DART) questionnaires were applied to screen the psychological distress of 330 cancer patients, and to analyze the difference of anxiety and depression in patients with different degrees of cancer pain and the influence on the survival.



Methods



- Research object:

investigate 330 patients with different degree of cancer pain treated at the Cancer Center of The First Hospital of Jilin University from April 1st 2016 to May 31st 2016.

- Research tool:

Distress Assessment and Response Tool (DART)

There are two parts in the questionnaires, including information of patients' basic conditions, and the information of the physical symptoms, psychological state and demands of social support of the patients.



Results



Incidence of anxiety and depression in patients with different degrees of cancer pain

	anxiety		<i>P</i>	depression		<i>P</i>
	NO	Have		No	have	
painless	144 (80.4%)	35 (19.6%)	0.002	147 (82.1%)	32 (17.9%)	0.005
mild pain	74 (68.5%)	34 (31.5%)		76 (70.4%)	32 (29.6%)	
moderate and severe pain	26 (60.5%)	17 (39.5%)		28 (11.2%)	15 (19.0%)	

The degree of cancer pain was significantly correlated with fatigue, nausea, loss of appetite, occurrence and severity of self-health assessment ($p \leq 0.0001$). The correlation coefficients were 0.38, 0.33, 0.32, 0.30, respectively.

Cancer pain patients with or without anxiety and depression overall survival

	anxiety		<i>P</i>	depression		<i>P</i>
	NO	Have		No	have	
mild pain	17.4	14.4	0.034	20.6	15.8	0.001
moderate and severe pain	17.1	15.3	0.033	14.6	18.5	0.023



Conclusions



- As the cancer pain get worse, the incidence of anxiety, depression and physical symptoms such as fatigue, nausea, appetite, dyspnea, mental malaise increased, indicating a poor life quality. And OS of patients without anxiety and/or depression was significantly longer than those with anxiety and/or depression, in both patients of mild and moderate or severe pain.



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