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1494P Anxiety and depression during the COVID-19 pandemic in newly diagnosed advanced cancer patients

B. Obispo[1], R. Hernandez[2], P. Cruz[3], A. Fernandez Montes[4], M. Gil Raga[5], O.A. Garcia[6], J. Rogado[7], E. Asensio-Martinez[8], N. Piera Molons[9], V. Pacheco-Barcia[10], M.H. López de Ceballos[11], J.M. Cano[12], L. Ostios Garcia[3], M. Antoñanzas Basa[13], D. Lorente[14], A. Manzano Fernández[15], S. Hernando Polo[16], M. Gonzalez Moya[17], T. Garcia[18], C. Calderon[19]

[1]Medical Oncology Department, Hospital Universitario Infanta Leonor, Madrid, Spain; [2]Medical Oncology, Hospital Universitario de Canarias, Tenerife, Spain; [3]Department of Medical Oncology, Hospital Universitario la Paz, Madrid, Spain; [4]Department of Medical Oncology, Complejo Hospitalario de Orense, Orense, Spain; [5]Department Of Medical Oncology, Consorcio Hospital Universitario General de Valencia, Valencia, Spain; [6]Department Of Medical Oncology, Hospital Universitario Central de Asturias, Oviedo, Spain; [7]Medical Oncology Department, Hospital Universitario Infanta Leonor, Madrid, Spain; [8]Department Medical Oncology, Hospital General Universitario de Elche, Elche, Spain; [9]Department of Medical Oncology, Hospital Arnau de Vilanova, Valencia, Spain; [10]Medical Oncology Department, Hospital Central de la defensa Gomez Ulla, Madrid, Spain; [11]Department of Medical Oncology, Hospital San Pedro de Alcántara, Caceres, Spain; [12]Medical Oncology, Hospital General Universitario de Ciudad Real, Ciudad Real, Spain; [13]Department of Medical Oncology, Hospital Universitario Clínico San Carlos, Madrid, Spain; [14]Medical Oncology Department, Consorci Hospitalari Provincial de Castellón, Castellon, Spain; [15]Medical Oncology, Hospital Clinico San Carlos, Madrid, Spain; [16]Department of Medical Oncology, Hospital Universitario Fundacion Alcorcon, Alcorcon, Madrid, Spain; [17]Department of Medical Oncology, Hospital Quirón Salud de Sevilla, Seville, Spain; [18]Department of Medical Oncology, Hospital General Universitario Santa Lucia, Cartagena, Spain; [19]Department of Clinical Psychology and Psychobiology, Faculty of Psychology, University of Barcelona, Barcelona, Spain

Background: Cancer patients are at high risk of psychological problems and COVID-19 infection, which makes them even more vulnerable to mood disorders. Our objectives were to analyze the level of anxiety and depression among patients with advanced cancer during the COVID-19 pandemic and to analyze the association between sociodemographic, clinical, and psychological factors in patients with advanced cancer.

Methods: A prospective, cross-sectional, multicenter study was conducted in 15 oncology departments in Spain. Patients with locally advanced unresectable or metastatic cancer who were candidates for systemic treatment were included. Patients completed demographic information and the Brief Symptom Inventory (BSI), Michel's Uncertainty in Illness Scale (MUIS), Mental Adjustment to Cancer (MAC), and Cancer Worry Scale (CWS).

Results: A total of 374 patients were recruited (April 2020-2021). The mean age was 64.2 years (34-88) and 48.7% were women. The most frequent were lung (30.7%) and colon (14.2%) cancers and most had metastases (78.6%). The most frequent therapy was chemotherapy (57.9%). The prevalence of anxiety and depression was 35% and 34%, respectively. Anxiety and depression levels were higher in women (p=0.001 and p=0.003, respectively). Patients <65 years (p=0.017) and with an oncologist-estimated survival of >18 months (p=0.033) had more anxiety symptoms. Logistic regression analysis revealed that women, patients with coping based on anxious preoccupation and hopelessness had higher risk of anxiety and depression (all, p<0.001).

Conclusions: Patients with advanced cancer who start treatment during the COVID-19 pandemic experience high levels of depression and anxiety. Early diagnosis and the development of intervention strategies are needed especially in specific patient subgroups such as young women with long survival estimated times.

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1495P Anxiety and depression in cancer patients receiving oncology treatment: Associated factors

E. Arvanitou[1], E. Parpa[2], E. Tsilika[2], C. Christofyllakis[1], N.G. Tsoukalas[1], K. Mystakidou[2]

[1]Oncology Department, 401 General Military Hospital of Athens, Athens, Greece; [2]Palliative Care Unit, Department of Radiology, University Areteion Hospital School of Medicine, Athens, Greece

Background: Cancer diagnosis is related to fear and is a source of great distress for patients. Anxiety and depression are common in cancer patients and seem to affect quality of life, treatment compliance and even survival. Demoralization, that encompass feelings of despair, loss of meaning and spiritual distress, can occur in patients with cancer. The aim of this study is to investigate the relationship between demoralization, anxiety, and depression and to examine demographic and clinical factors associated with anxiety and depression.

Methods: A convenience sample of 150 cancer inpatients and outpatients from two oncology centers, with various types of solid tumors, receiving oncology treatment, participated in a prospective cross-sectional observational study. The psychometric tools used were the Greek version of the Hospital Anxiety and Depression Scale (HAD) and the Demoralization Scale (DEMORALIZATION SCALE II, DS-II). The study was approved by the ethical committee or related boards of each hospital. Each patient was informed about the aims of the study and gave his/her written consent to participate.

Results: Patients mean age was 62 years (20-85 years) and 89 patients (59.3%) were women. Among patients, 33% had breast, 24% gastrointestinal and 15% lung cancer. A number of 82 patients (54,7%) had metastatic disease. Women showed higher rates of anxiety (p = 0.054). Anxiety was inversely related to age (p = 0.043) and positively correlated with time since diagnosis (p = 0.076). Unmarried patients presented higher rates of depression (p =0.026). Multiple linear regression showed a statistically significant impact of Demoralization on anxiety (p <0.001, R2 = 36.3%) and depression (p <0.001, R2 = 49%).

Conclusions: The results highlight the significant impact of demoralization on anxiety and depression in cancer patients. This emphasizes the need for empathy and apprehension of patients' feelings by health care providers, to timely recognize feelings of despair and distress.

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