

## P274 - Naturalistic Course of Distress, Depression and Anxiety following initial Cancer Treatment - Influence of Treatment-As-Usual

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**OBJECTIVES** There is considerable potential for psychological treatment to improve wellbeing in cancer. However such interventions have to show benefit above and beyond “treatment-as-usual”. Here we aim to document the extent of improvement in emotional domains under routine clinical conditions.

**METHODS** We analysed data collected from Leicester Cancer Centre from 2008-2009 involving approximately 1000 people approached by a research nurse and two therapeutic radiographers. Of those approached 225 consented to a baseline interview soon after the start of oncology treatment, 221 consented to a re-interview at about 3 months and 194 consented to a follow up interview at 9 months. The mean time from diagnosis to the first interview was 7 weeks.

### RESULTS

Emotional symptoms improved over 9 months. The most significant improvement was in depression measured by the PHQ9 which improved by 64%, compared with 59% on the HADS-D and 25% on the DepT.

Anxiety improved by 56% on the HADS-A compared with 33% on the AnxT. Distress improved by 25% on the DT.

The number with MDD did not improve 13.1% had MDD at baseline (mean PHQ9 = 17.3); 14.0% at 3months (mean PHQ9 = 19) and 14.7% at 9 months (mean PHQ9 = 18).

**CONCLUSIONS** Symptoms of distress, anxiety and depression all appear to improve more than the syndrome of MDD. Substantial improvement of at least 25% and up to 65% in emotional domains can be anticipated over the first 3 months of treatment even under routine conditions, involving treatment-as-usual.

**CLINICAL IMPLICATIONS** RCTs should be compared against progress in treatment-as-usual arms.

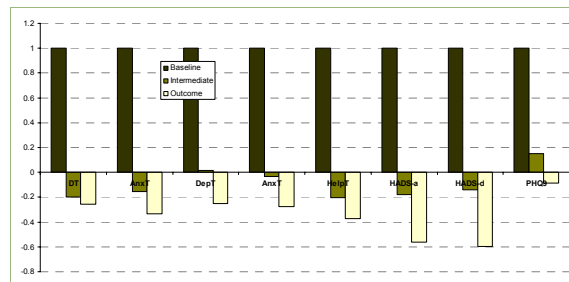
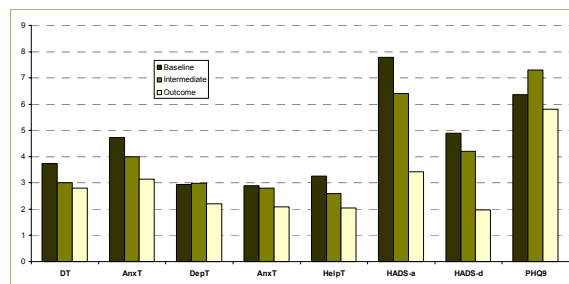
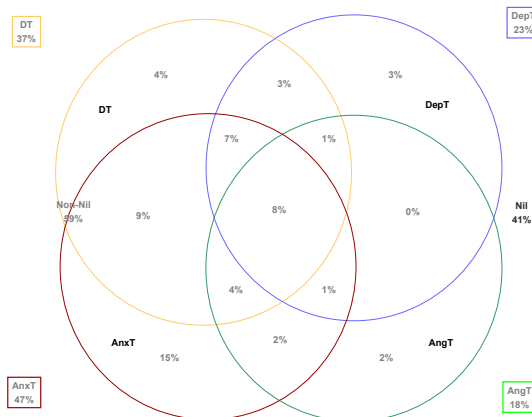


Chart 1 – Raw Scores Chart 2- change scores

	Baseline	Intermediate	Outcome	difference	Improvement
DT	3.75	3	2.79	0.96	25.6%
AnxT	4.74	4	3.15	1.59	33.5%
DepT	2.93	2.98	2.2	0.73	24.9%
AnxT	2.9	2.8	2.1	0.8	27.6%
HelpT	3.26	2.6	2.04	1.22	37.4%
HADS-a	7.78	6.4	3.42	4.36	56.0%
HADS-d	4.88	4.2	1.98	2.9	59.4%
PHQ9	6.36	7.31	5.8	0.56	64.2%

