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PREVALENCE OF DEPRESSION AMONG BREAST CANCER PATIENTS UPON DIAGNOSIS

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ABSTRACT

The study is carried out as retrospective and prospective observational studies to analyse the cancer characteristics, therapeutic approaches and the state of depression in Breast cancer patients. Surgery, Chemotherapy, Radiotherapy and hormonal therapy are the distinct modalities of treatments used in the therapy of breast cancer. Chemotherapy and radiotherapy are used as adjuvant therapies, typically after the primary surgical approach, these prove to be beneficial in inhibiting the metastasis of cancer and to enhance the survival rates in long-term. Research has shown that almost a third to a half of population diagnosed with breast cancer including the ones undergoing treatment regimen are in all likelihood of experiencing psychological distress. Cancer and therapy-related symptoms can be major emphasizees in a patient undergoing therapeutic regimen for breast cancer. Consequently, addressing the effect of breast cancer and the long-term outcomes of the therapy have become vital. The prevalence of depression among breast cancer population varies from 1.5% to 50%, depending on the populace and explicit definition of depression and method of assessment. The quality of life [QOL] of a breast cancer patient is associated with the types of treatments and treatment-related symptoms or adverse effects. The QOL is adversely connected to the high prevalence of depression which influences the treatment process. Understanding these common psychiatric disorders and associated psychosocial factors found in breast cancer patients can help to plan for effective treatment of these patients and may result in more treatment success. The overall QOL was found to be significant in patients with depression. The state of depression was analysed among 46 patients using PHQ-9 questionnaire. The analysed scores showed that 17.4% of the patients were at Minimal depression state, 43.5% were having Mild depression thoughts, 21.7% were having Moderate depression and 15.2% and 2.2% of the population were suffering from Moderately Severe and Severe depression respectively.

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INTRODUCTION

Breast cancer remains the highest prevalent cancer amongst women worldwide. About 25% (1.67 million) of new cancer cases being diagnosed annually consist of female specific cancer cases, particularly breast carcinomas. the number of cases reported from developed regions (794000) are notably less significant than the cases reported from the less developed regions (883000 cases) [1].

In 2008, a huge number of 458,000 deaths of patients fighting breast cancer have been reported. [2] Due to its impact on self-image and sexual relationships, apart from the notable increase in the mortality rate, breast cancer has been termed as agitative condition.[3]

Surgery, Chemotherapy, Radiotherapy and hormonal therapy are the distinct modalities of treatments used in the therapy of breast cancer either as a single primary surgical approach or as a multidisciplinary regimen combining all four. [4]

Chemotherapy and radiotherapy are used as adjuvant therapies, typically after the primary surgical approach, these prove to be beneficial in inhibiting the metastasis of cancer and to enhance the survival rates in long-term.[5]

Although the number of survivors of breast cancer has improved over the course of time due to the advanced therapeutic approaches, the aggressiveness of therapy has exposed many side-effects in patients. Cancer and therapy-related symptoms can be major emphasizeers in a patient undergoing therapeutic regimen for breast cancer. [5] Consequently, addressing the effect of breast cancer and the long-term outcomes of the therapy have become vital.[6]

Research has shown that almost a third to a half of population diagnosed with breast cancer including the ones undergoing treatment regimen are in all likelihood of experiencing psychological distress.[7]

The prevalence of depression among breast cancer population varies from 1.5% to 50%, depending on the populace and explicit definition of depression and method of assessment.[8,9]

Quality of life (QOL), the complicated multidimensional evaluation of the physical, psychological and social well-being of people, is considered as the primary outcome of a regimen in current era.[10]

The quality of life of a breast cancer patient is associated with the types of treatments and treatment-related symptoms or adverse effects [11] The QOL is adversely connected to the high prevalence of depression which influences the treatment process [12]

Even after an effective treatment of the physical disease, such psychological distress may persist and accompany the patient for a long period, which has a negative impact on the patient's QOL.[13,14]

METHODOLOGY:

The study was carried out in a tertiary care hospital located in Hyderabad, India. The prime department of the study consist of Surgical and Medical Oncology. The design of the study being prospective observational study, it was carried out for a period of one month.

The state of depression was analysed among 46 patients using PHQ-9 questionnaire.

STUDY DESIGN:

The study structure is carried out as retrospective and prospective observational studies to analyse the cancer characteristics, therapeutic approaches and the state of depression in Breast cancer patients.

STUDY PERIOD:

The study period is planned in the timeline of January 2018 to February 2018.

INCLUSION CRITERIA:

Patient population with

- Consisting of conditions like the following
 - Breast cancer
 - Recurrent Breast cancer
 - Metastatic Breast cancer
 - Patients undergoing Adjuvant and Neoadjuvant chemotherapy.

EXCLUSION CRITERIA:

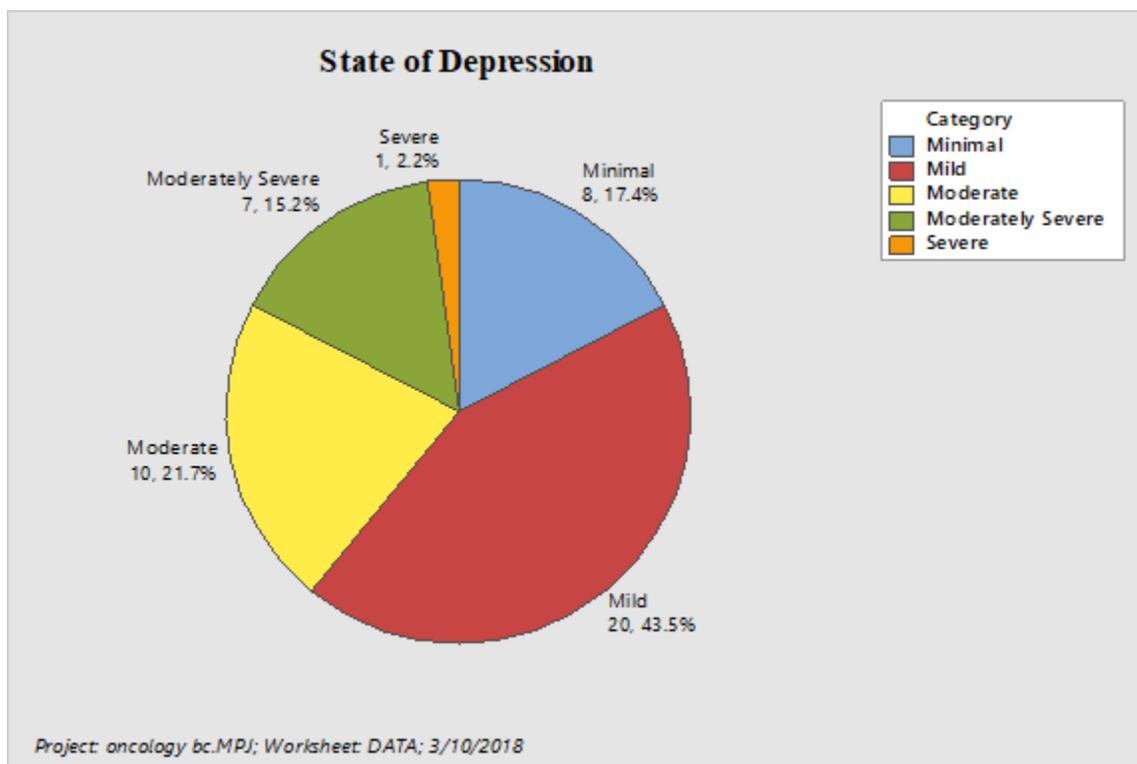
Patient population with

- Conditions like
 - Fibroadenomas.
 - Cystic mass.
 - Hematomas.
 - Fat necrosis.
 - Hamartoma.

RESULTS

Prevalence of depression among cancer patients:

The state of depression was analysed among 46 patients using PHQ-9 questionnaire. The analysed scores showed that 17.4% of the patients were at Minimal depression state, 43.5% were having Mild depression thoughts, 21.7% were having Moderate depression and 15.2% and 2.2% of the population were suffering from Moderately Severe and Severe depression respectively. The pictorial representation of the same is done in Graph 6.



Graph 6. State of depression among breast cancer patients.

DISCUSSION

The psychological impact of a breast cancer can be calamitous on mental health of the patient. 42% of early stage carcinoma patients encounter anxiety, depression or adjustment disorders [15]. The overall quality of life (QOL) was found to be significant in patients with depression [16].

The state of depression was analysed among 46 patients using PHQ-9 questionnaire. The analysed scores showed that 17.4% of the patients were at Minimal depression state, 43.5% were having Mild depression thoughts, 21.7% were having Moderate depression and 15.2% and 2.2% of the population were suffering from Moderately Severe and Severe depression respectively.

CONCLUSION

The psychological impact of breast cancer diagnosis can result in severe anxiety and depression. The patient population might present with various stages of depression.

A well planned psychological and emotional support through professional counselling can help in decrease of depression among cancer patients.

Conflict of interest:

There were no conflicts of interest amongst the authors.

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