

# Analysis of fatigue in metastatic breast cancer patients through an online survey sampled from a closed facebook group

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## INTRODUCTION

Cancer-related fatigue (CRF) is a distressing, persistent sense of physical, emotional, and/or cognitive tiredness related to cancer or its treatments and it interferes with usual functioning quality of life (QoL) <sup>1</sup>

Nearly all breast cancer (BC) patients experience CRF that is often cause of chemotherapy discontinuation and/or dose delays, particularly in metastatic breast cancer (MBC) patients. <sup>2-4</sup>

The aim of this cross-section online survey was to investigate CRF prevalence, determinants and impact on daily activities in a selected group of MBC patients on social media.

## METHODS

The survey was conducted between March and November 2022 through an online questionnaire submitted to a closed Facebook group of women affected by MBC.

Patients' socio-demographic and cancer-related features along with CRF assessment and management were investigated through a 33 items questionnaire collected using Google Module Survey and elaborated with SAS programs.

## CONCLUSIONS

The results of this survey provide useful information on CRF and its impact on daily life in a very selected setting of cancer population and could be an helpful tool in order to tailor the management of this condition according to the needs of MBC patients.

## REFERENCES

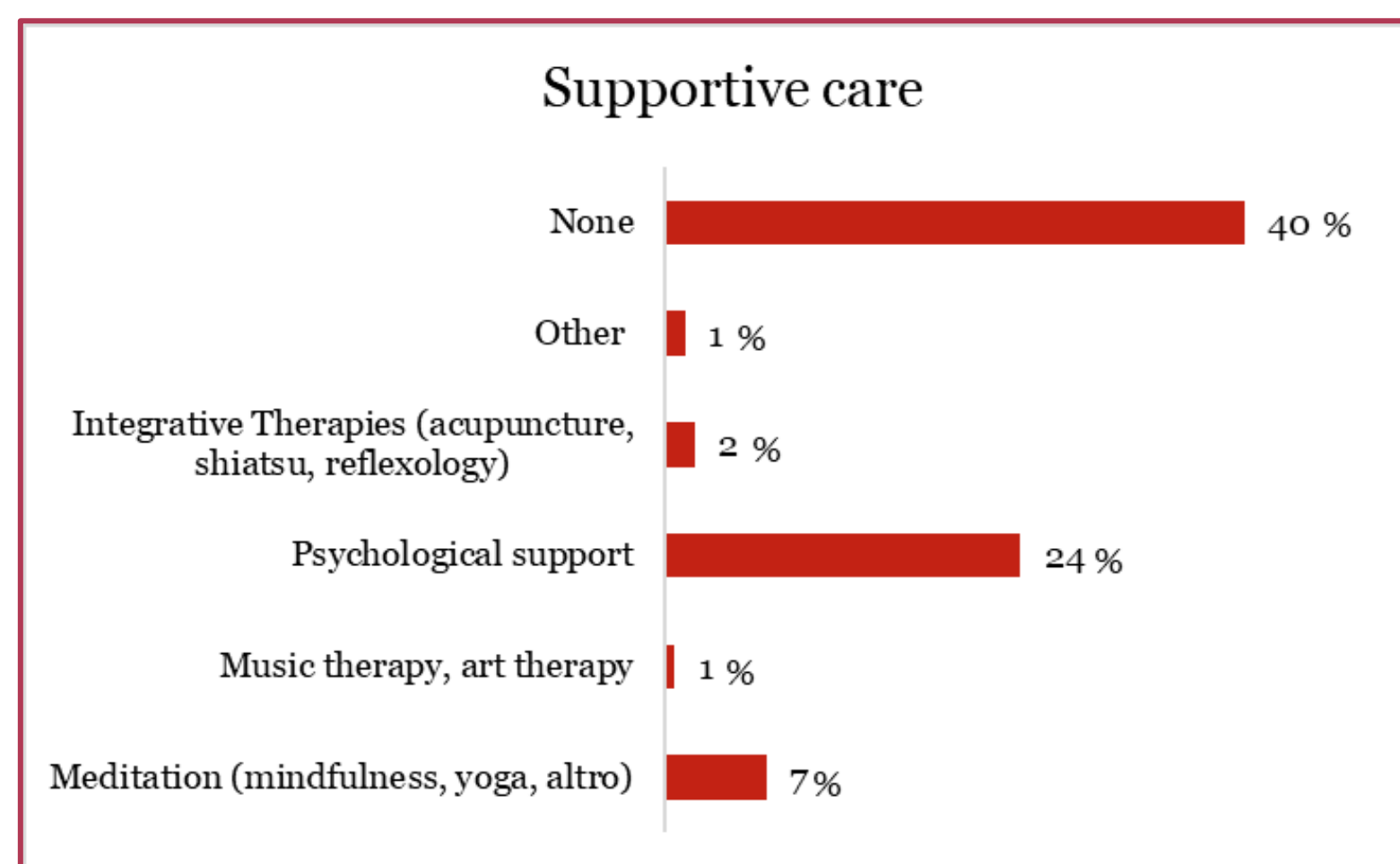
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## RESULTS

Among the 210 patients participating in the survey, more than two-thirds (68,6%) experienced moderate/high levels of fatigue (scores 6 to 10) when defining the worst fatigue experienced in the latter 24hrs.

In most cases (67,4%) fatigue was not related to comorbidities or toxicity induced by oncological therapies such as anemia or cardio-respiratory conditions. On the contrary, treatment duration (72,2% patients were on treatment for over 12 months) and sleep deficiency (83,3%) were often related to severe fatigue.

The majority of patients with moderate/high levels of fatigue, referred interference with mood (84%) and enjoyment of life (72,9%), but 40% of them never sought for psychological support or any other integrative supportive care.



What value would you give on a scale from 0 to 10 (0= none; 10= the worst) to the worst exhaustion/tiredness you have experienced in the last 24h?	How long ago did you start ongoing cancer treatments?				
	Less than 3 months	Between 3 and 6 months	Between 6 and 12 months	More than 12 months	Total
6	4,2	20,8	8,3	66,7	100,0
7	16,7	20,0	13,3	50,0	100,0
8	16,7	16,7	2,1	64,6	100,0
9	0	4,2	20,8	75,0	100,0
10	0	16,7	11,1	72,2	100,0

**Table 1. The evaluation of the worst exhaustion/tiredness experienced in the last 24h compared to the duration of cancer treatments (the values here considered are between 6 to 10)**