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Background

- The number of new cancer cases in South Korea is increasing every year, and it is estimated that cancer will occur in 37.4% of people who live to the age of 83, which is the life expectancy.
- At the time of cancer diagnosis, patients experience psychological distress, and those levels increase over time. Since psychological distress negatively affects symptoms, coping, and quality of life, it is necessary to provide early evaluation and management.
- Literature review studies have been conducted on the factors and intervention effects of psychological distress in patients with various cancer types and survivorship stages.
- However, there is a lack of evidence of psychological distress focusing on recently diagnosed patients with cancer.

Purpose

- To explore the details of interventions to manage psychological distress in recently diagnosed patients with cancer.

Methods

Study design An integrative review methodology described by Whittemore and Knafl (2005)

Stage of review (Whittemore & Knafl, 2005)

- Strategies to enhance rigour in integrative reviews

| | |
|---------------------------|--|
| 1) Problem identification | Identify problem that the review is addressing and the review purpose |
| 2) Literature search | Well-defined literature search strategies are critical |
| 3) Data evaluation | Evaluate overall quality of primary sources |
| 4) Data analysis | Data from primary sources into a unified and integrated conclusion |
| 5) Presentation | Conclusions of integrative reviews can be reported in table or diagrammatic form |

Methods

Problem identification

- What are the contents of interventions to manage the psychological distress of patients with cancer in the early stages of diagnosis?

Literature search

- Search Database PubMed, Embase, Cochrane Library, Cumulative Index to Nursing and Allied Health Literature (CINAHL), Web of Science, PsycINFO

- Search terms Recently diagnosed AND Neoplasms AND Psychological distress

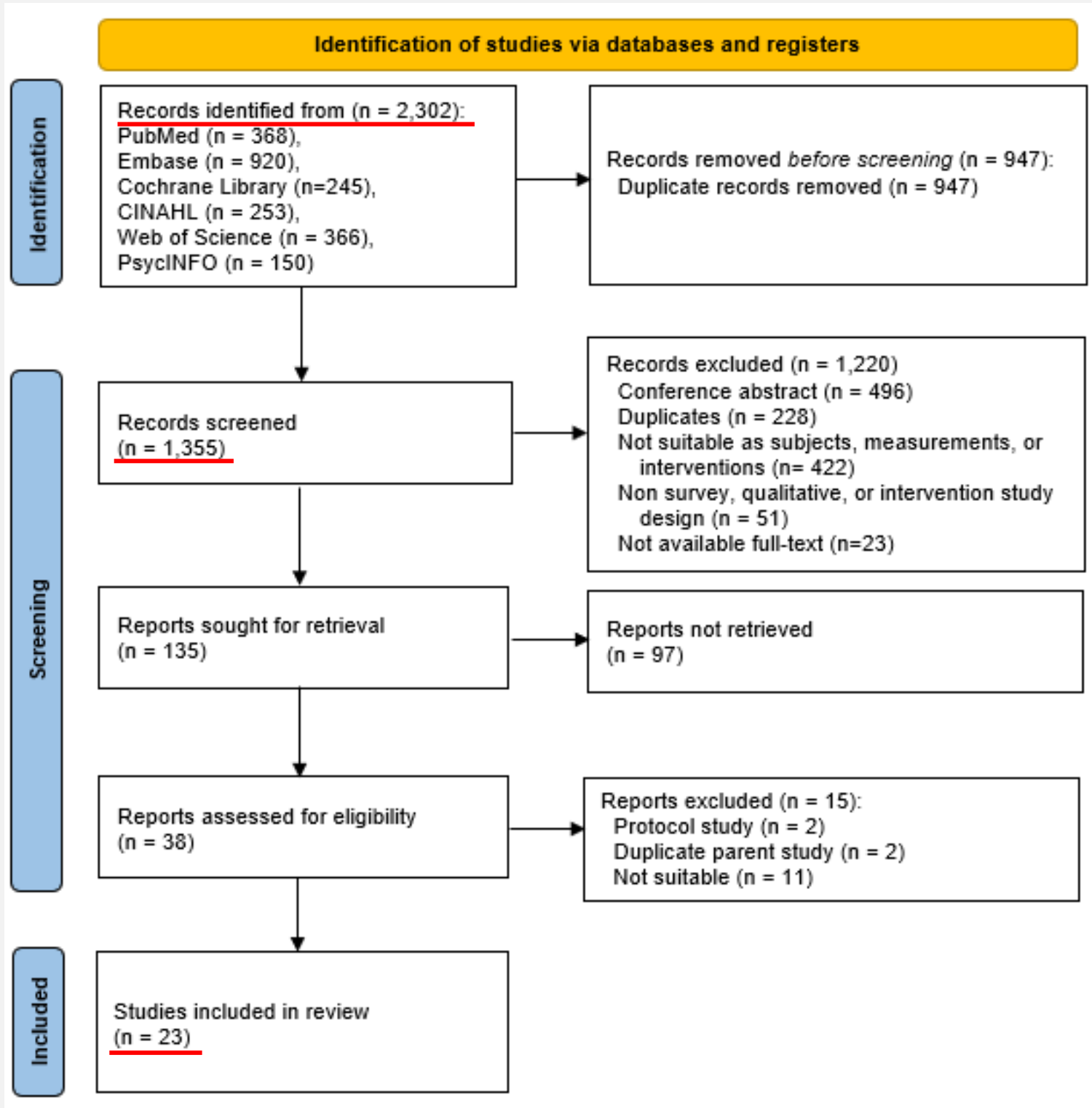


Figure 1. Flow diagram of study selection

Data evaluation

- Conducted quality appraisal using six criteria

Results

Table 1. Characteristics of studies

| | |
|------------------------------------|---|
| Country | Western countries (17) – USA (10), Australia (2), Canada (1), Denmark (1), Netherlands (1), Norway (1), Sweden (1) Eastern countries (5) – Chian (1), Korea (1), Malaysia (1), Singapore (1), Tawian (1) |
| Study design | Experimental - Raandomised controlled trail (16) Quasi-experimental – One group pre-post (4), Control group pre-post (3) |
| Cancer type of participants | Breast cancer (15), Various cancer types (4), Gynecological cancer (3), Prostate cancer (1) |
| Psychological distress measurement | Distress Thermometer (DT), PHQ (Patient Health Questionnaire), HADS (Hospital Anxiety and Depression Scale), Depression, Anxiety, Stress Scale (DASS), Post-Traumatic Stress Scale, Posttraumatic Growth Inventory |

Table 2. Characteristics of interventions

| Type | Psychoeducational intervention | Mindfulness-Based Stress Reduction | Cognitive Behavioral Therapy | |
|-------------------|---|------------------------------------|------------------------------|-----------|
| | | Coping & Communication | Psychological support | |
| Delivery methods | In-person | Web-based | App-based | Telephone |
| Core Contents | Mindfulness Coping Psychosocial Support | | | |
| Valuable Contents | Assessment Self-efficacy Adaptation to cancer | | | |

Conclusions

- It is necessary to develop and provide tailored interventions considering the type of cancer and various level of psychological distress in recently diagnosed patients with cancer.