

The course of health-related quality of life in the first two years after a diagnosis of head and neck cancer: what matters?

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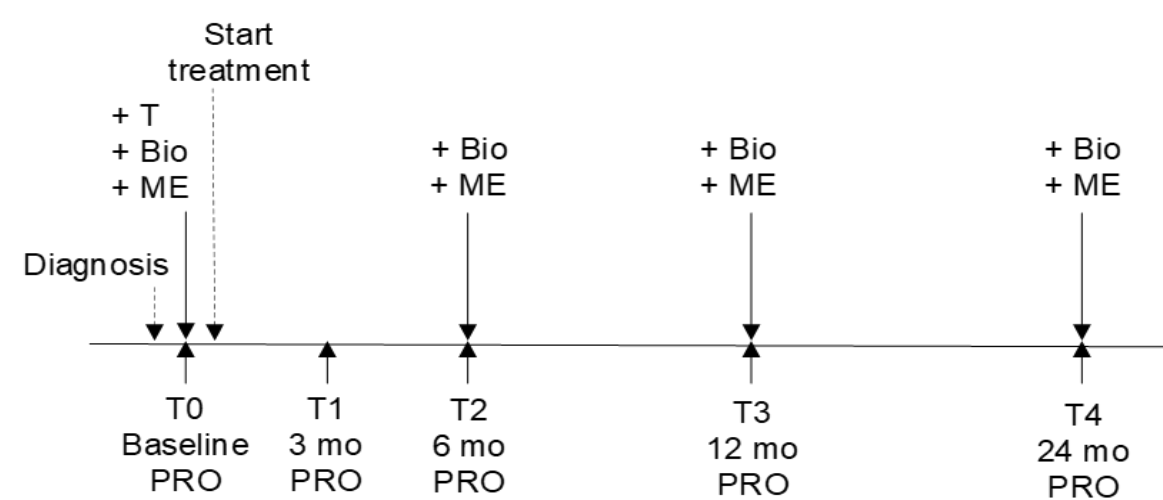
Objectives

- To estimate the course of health-related quality of life (HRQOL) in the first 2 years after diagnosis and treatment of head and neck cancer (HNC).
- To better understand which baseline factors (how HNC patients enter the cancer trajectory) and factors assessed at 6 months after treatment (how they overcome the acute phase of treatment) are associated with the course of HRQOL over time.

Methods

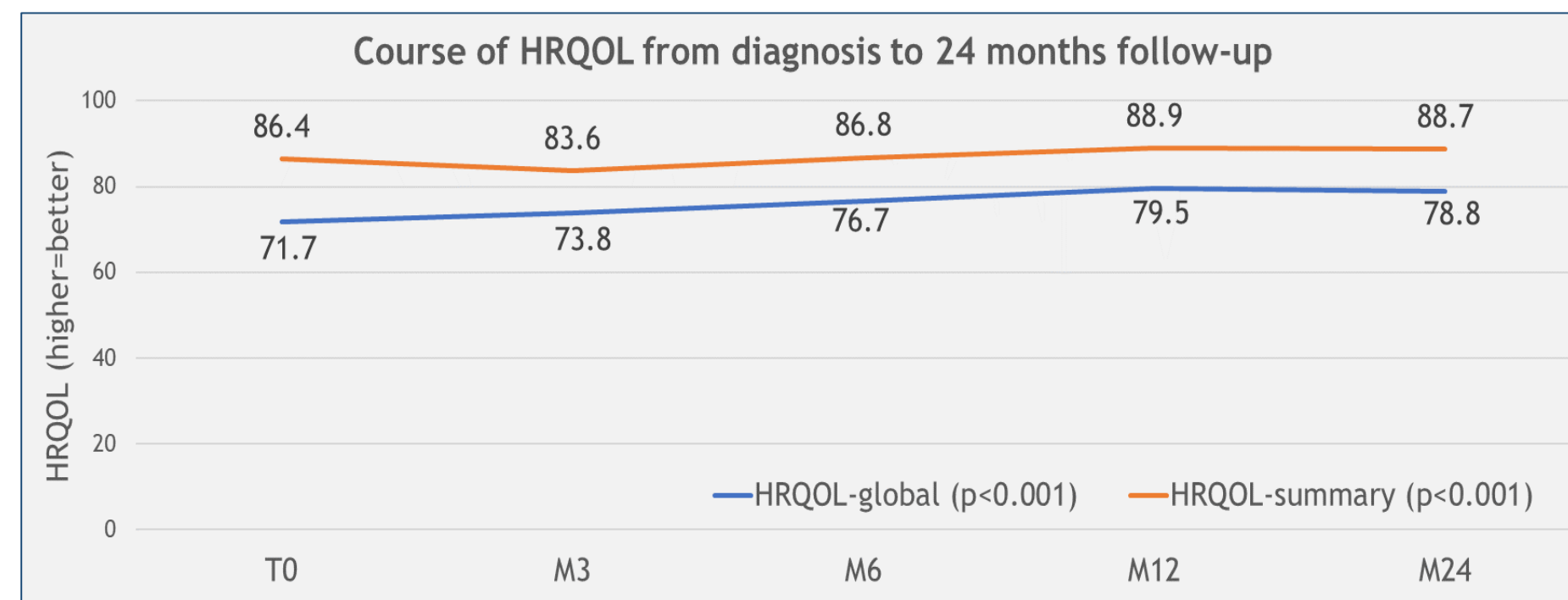
Data was used of 638 HNC patients of the NETHERLANDS Quality of life and Biomedical Cohort study (the NET-QUBIC study).

Linear mixed models were used to investigate factors associated with the course of HRQOL (EORTC QLQ-C30 global quality of life (QL) and summary score (SumSc)).



Results

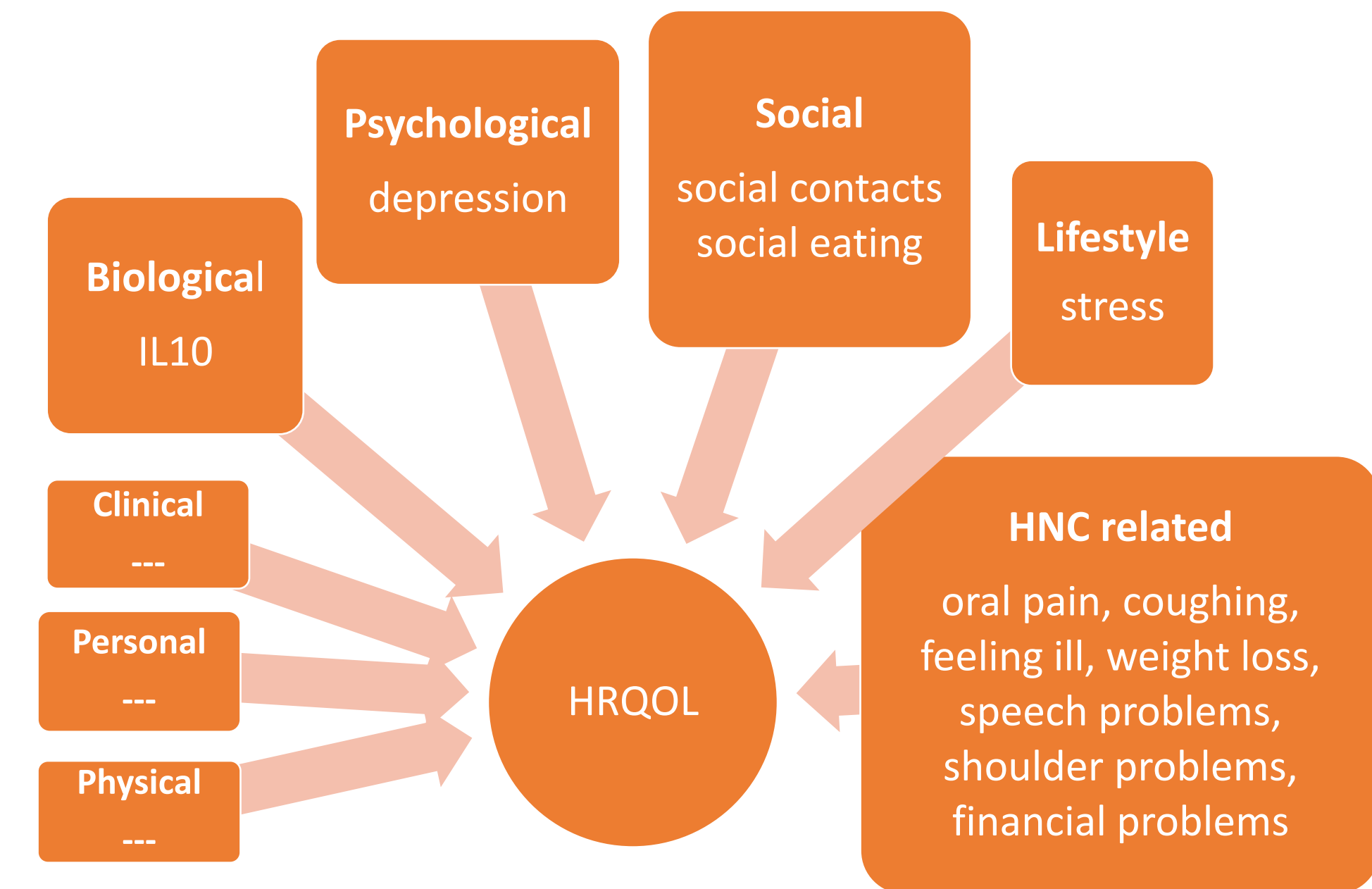
In general, HRQOL was relatively good. There was a significant change in HRQOL over time ($P < 0.001$).



Baseline depressive symptoms, social contacts, and oral pain were significantly associated with the course of QL from baseline to 24 months. Tumor subsite and baseline social eating, stress (hyperarousal), coughing, feeling ill, and IL-10 were associated with the course of SumSc.

Post-treatment social contacts and stress (avoidance) were significantly associated with the course of QL from 6 to 24 months, and social contacts and weight loss with the course of SumSc.

The course of SumSc from 6 to 24 months was significantly associated with a change in financial problems, speech problems, weight loss, and shoulder problems between baseline and 6 months.



Conclusions

The course of HRQOL of HNC patients in general is relatively good.

What matters:

- Baseline psychological, social, lifestyle, HNC-related, and biological factors.
- Post-treatment social, lifestyle, and HNC-related factors.

Do you want to use NET-QUBIC data/samples for your research questions?

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