

# Parallel Journeys, Similar Challenges, and Different Reasons:

## Navigating Life Challenges in Multiple Myeloma from the Perspectives of Patients and Caregivers

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### Introduction

Both MM patients and caregivers experience physical challenges, psychological distress, and social isolation. However, there is limited evidence to develop supportive interventions that consider the perspectives of both groups.

### Objective

To identify life challenges and gaps faced by MM patients and their caregivers.

### Methods

- Study design: A mixed-methods study
- Participants: 40 pairs of adult MM patients and their primary caregiver
  - Recruited from a university-affiliated cancer center in Seoul, Korea from October 2021 to March 2022.
- Measurement: Semi-structured in-depth interview guide, The Distress Thermometer (DT) and the WHOQOL Brief Version
- Statistical analysis: thematic analysis

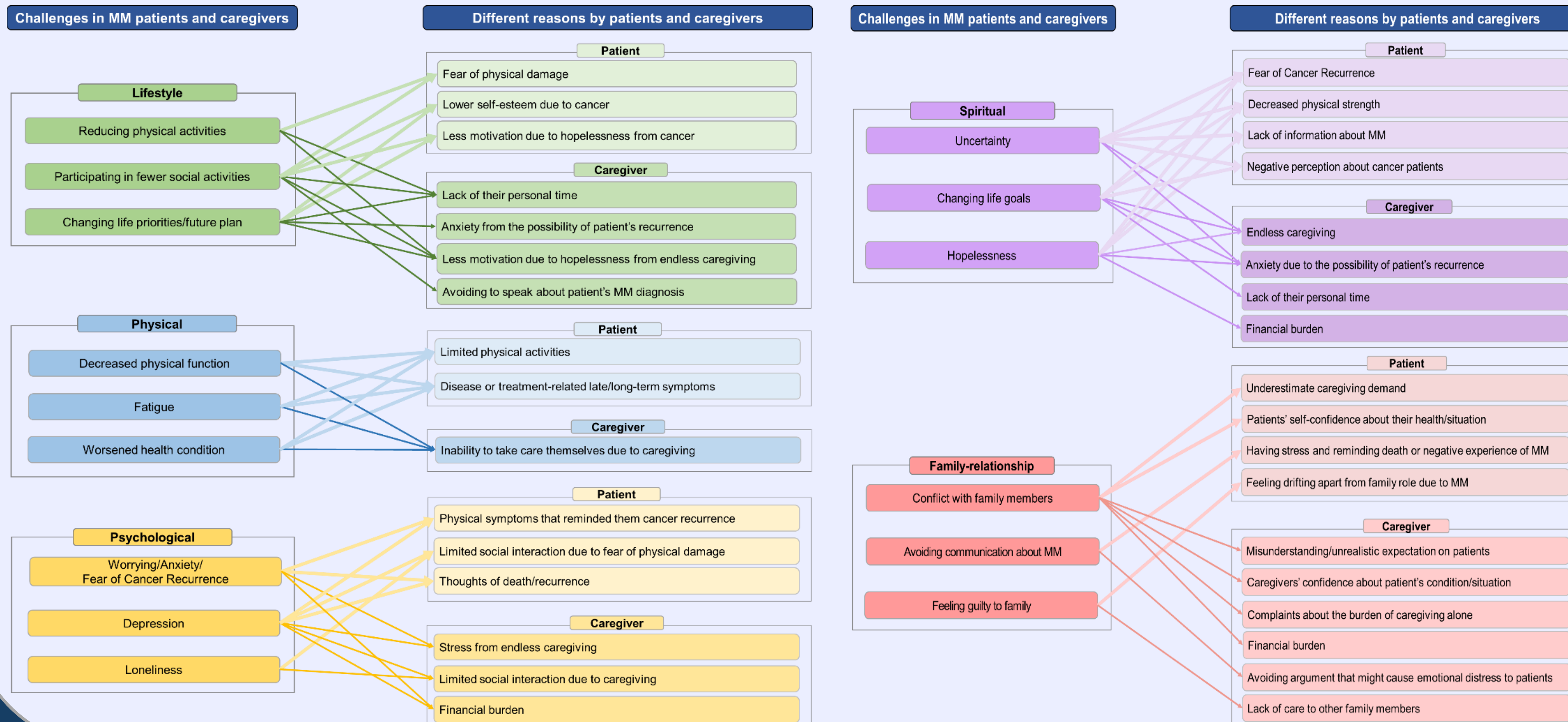
### Results

#### Characteristics of participants and QOL

	Patients N = 41	Spouse caregiver N = 21	Adult children caregiver N = 17
Age, median (IQR)	69.0 (57.0–73.0)	66.0 (52.0–69.0)	48.5 (43.3–49.8)
Sex, male	25 (61.0)	7 (33.3)	10 (58.8)
Current job	Retired/sick leaving (36.5%)	Homemaker (42.9%)	Employed (76.5%)

Characteristics	Patients N = 41	Spousal caregiver N = 21	Adult child caregiver N = 17	p-value
WHOQOL-BREF, mean (SD)				
Physical health	60.7 (11.2)	78.4 (12.8)	74.6 (10.1)	<0.001
Psychological health	65.0 (10.8)	73.3 (12.3)	69.6 (8.3)	0.017
Social relationships	63.4 (8.2)	70.5 (10.5)	71.4 (7.7)	0.001
Environment	63.7 (8.8)	72.9 (13.0)	67.1 (10.1)	0.006
Distress thermometer, mean (SD)	4.2 (2.5)	3.9 (2.8)	3.1 (2.5)	0.314

### Results Similar challenges, different reasons for patients and caregivers



### Discussion

Both patients and their caregivers encountered various challenges in their daily lives, with different reasons for those challenges.

Recognizing these different perspectives is crucial for developing effective interventions.

Tailored support systems that address the specific needs of both patients and caregivers are essential for improving overall well-being throughout the MM journey.

### References

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