

Prevalence and Correlates of Sleep Difficulties Identified Using Practice-Based Screening in a Large and Diverse Outpatient Oncology Population

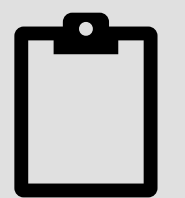
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CONCLUSIONS

- Sleep difficulties are prevalent and associated with psychosocial concerns and cancer type
- Difficulties may be present before treatment and are independent of cancer stage
- Individuals screening positive using a single item is a heterogeneous population- follow-up assessment is needed to determine cause and type of disturbance to inform treatment
- Integrating brief follow-up or referrals for sleep support may improve outcomes



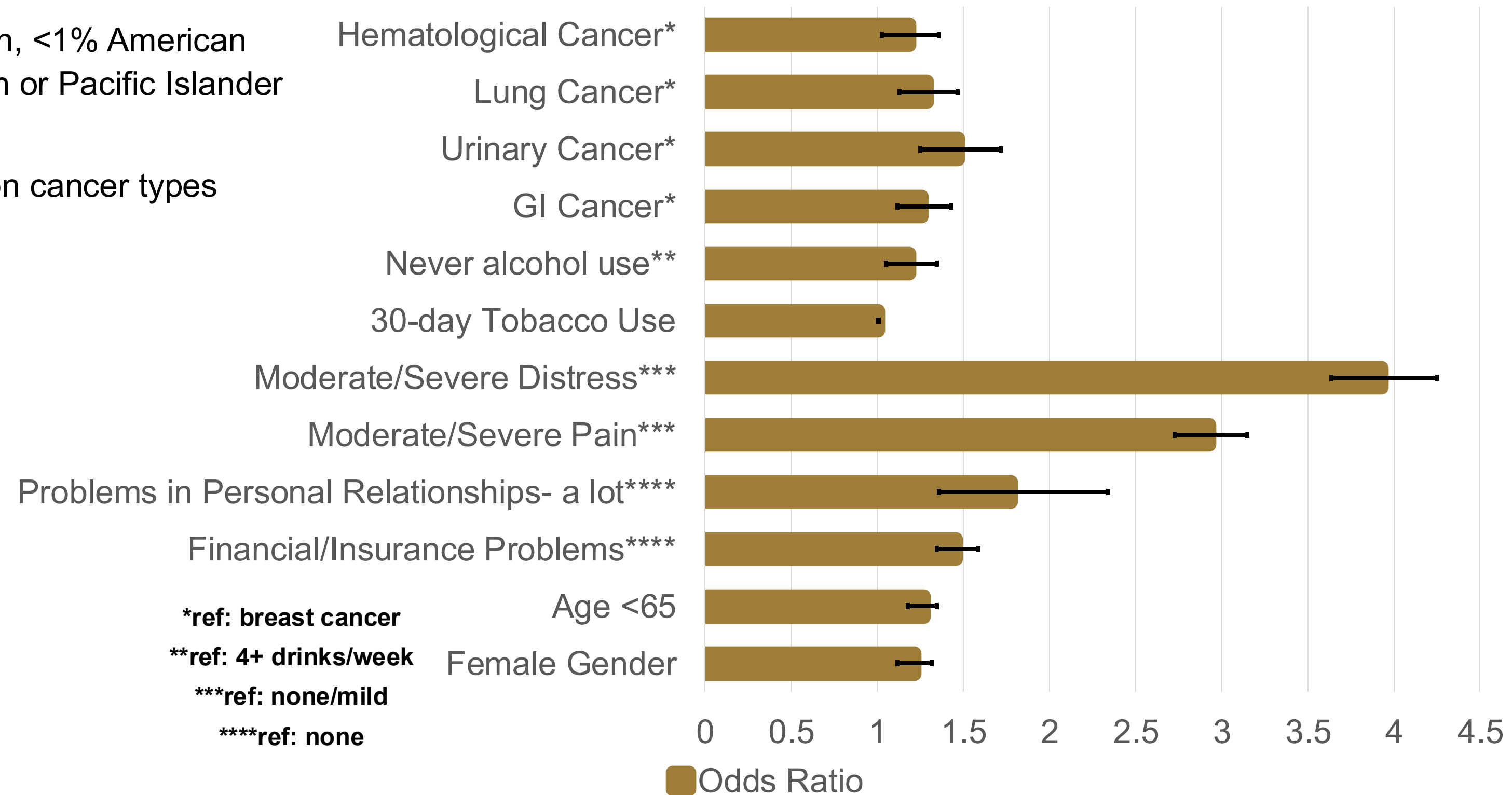
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RESULTS

Characteristics Associated with Greater Odds of Clinically Significant Sleep Difficulties



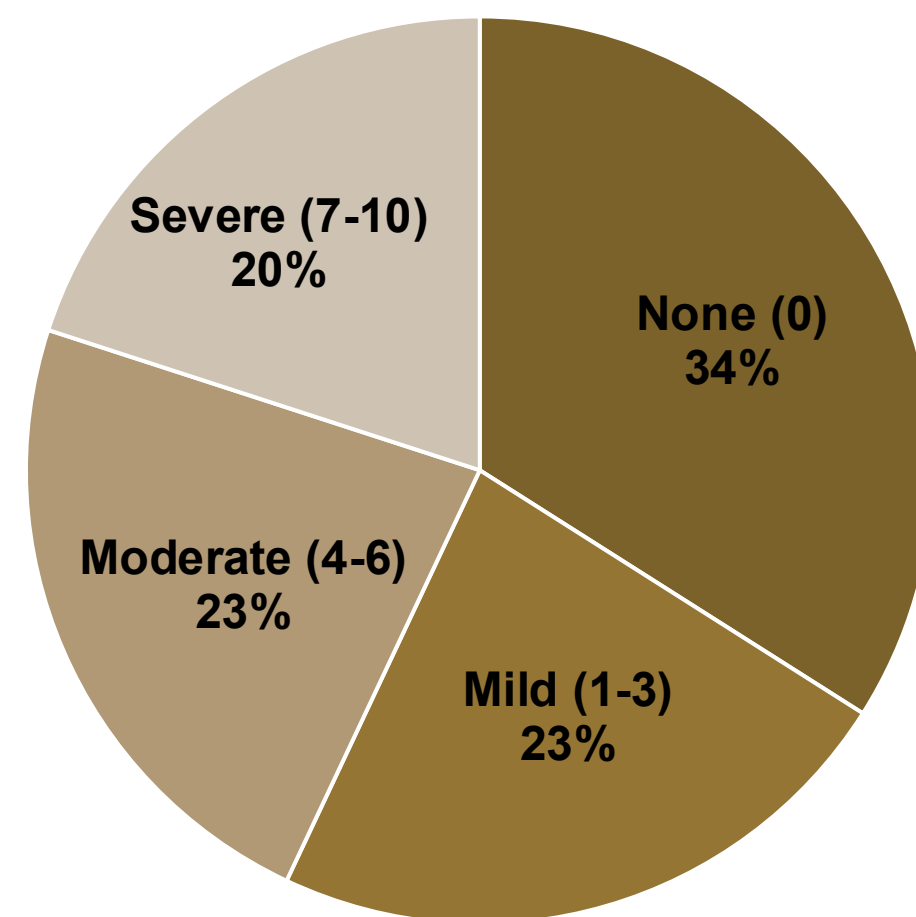
Risk was higher for patients who were female, under 65, used tobacco, abstained from alcohol, and reported distress, pain, or financial or relationship problems. Certain cancer types (e.g., lung, hematologic) also showed elevated risk. Race, ethnicity, and cancer stage were not significant risk factors.

Patient Population

- 60% Female
- 18% Black or African American, 2% Asian, <1% American Indian, or Alaska Native, Native Hawaiian or Pacific Islander
- 2% Hispanic or Latino/a
- Breast (26%) and GI (14%) most common cancer types



Sleep Difficulties by Severity



More than 1 in 3 oncology patients reported clinically significant sleep difficulties

INTRODUCTION

- Sleep disturbances are common, persistent, and under-treated in oncology care
- Identifying patients at risk is critical for improving symptom management and quality of life

PURPOSE

- Identify the prevalence and correlates of potentially clinically significant sleep difficulties using routine distress screening data from a large, diverse outpatient oncology population

METHODS

- **Sample:** 20,153 patients completing an initial screen from Jan 2017-Aug 2023
- **Sleep difficulties:** rated from 0 (none) to 10 (extreme) over the past 2 weeks
- **Threshold:** ≥ 5 considered clinically significant
- **Analyses:** Bivariable and multi-variable logistic regression predicting clinically significant difficulties using backward selection for predictors