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## Supportive care and quality of life

### ANXIETY: A PSYCHOLOGICAL OBSERVATIONAL STUDY BEFORE MAMMOGRAPHY SCREENING

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Scientific data show anxiety as the most important reaction to mammography screening and its levels appear to act as a barrier to this test. Less studies investigate the setting variables. Our aim was to investigate anxiety and coping style. Three hundred and thirty-nine women were asked to undergo STAI-Y and Brief Cope. Patients (pts) had high level of anxiety (57.1% pts before 40 years old and 52.8% older than 49 were alarmingly anxious), but also an effective coping style. Psycho-social variables have been examined by a psychologist towards an observational schedule drawn up before the screening test. From the observational study we found that often (80%) anxiety is related to the long time spent in the waiting room, ignorance about procedures (75%), and about medical tests (45%) and the goal of the prevention programme (38%). Many pts complain about the quick and abrupt welcome. Pts request information (80%) and explanations (85%). More information and a psychological support are supposed to reduce anxiety and stress, ensuring a better collaboration during the exam and more return to the screening. Obviously a psychological support in this contest is difficult and onerous. However, we underline the need for an effective training of the staff to supply information in a correct way to get in touch with pts, and the introduction of a volunteer figure for the welcome.

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### BETA-ERYTHROPOIETIN IN CLINICAL PRACTICE: GOIM 2705 MULTICENTER OBSERVATIONAL STUDY

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**Background:** Chemotherapy-induced anemia is a significant problem for patients with cancer, causing fatigue and reducing quality of life (QOL). The ability of recombinant erythropoiesis stimulating agents (ESA) to correct chemotherapy-related anemia (CRA) in patients receiving chemotherapy has been well recognized. However, it remains unclear the real impact of this therapy in the clinical practice.

**Methods:** Participants will be recruited from 23 medical oncology institutions in South Italy between January 2008 until April 2008. The primary efficacy outcome was the analysis of management of anemia in the clinical practice and its adherence to clinical guideline. Secondary efficacy variables included the evaluation of Quality of Life, compliance and psychological influence.

**Results:** A total of 266 patients were enrolled at the moment of the interim analysis. One hundred and twenty patients completed the evaluation program, consisting of clinical monitoring every four week, with collection of QOL, compliance and psychological questionnaires.

The data revealed that about 20% of patients started ESP therapy with a basal haemoglobin levels between 10 and 11 g/l and 68% of patients obtained a relevant improvement of haemoglobin after beta-erythropoietin treatment. We registered QOL and psychological improvement correlated with ESA response however, about 50% of patients showed a poor knowledge of the meaning of treatment.

**Conclusions:** These preliminary results show that ESP therapy is a feasible and manageable option for neoplastic patients with anemia, but it remains poorly accepted for a majority of them. Final data analysis will be presented.

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### IS MAMMOGRAPHY SCREENING ANXIETY RELATED TO PERSONAL COPING STYLE?

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