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QUALITY OF LIFE IN ADJUVANT INTERFERON-TREATMENT OF RENAL CELL CARCINOMA (RCC) - FIRST RESULTS. M. Bullinger, D. Messerer, S. Geier, F. Porszolt and the Delta-P Study group Biometric Centre for Therapeutic Studies, Pettenkoferstr. 35, 8000 Munchen 2.

Interferon is considered a potentially beneficial treatment in different cancer types. However, its effects on patients quality of life (QL) have not yet been investigated. In a randomized trial assessing the effects of recombinant Interferon alpha-2 (IFN) vs. no treatment (CON) on survival of 450 RCC patients, QL assessment is included to obtain information on 1. the early and late effects of IFN treatment on patients' QL, as compared to controls (CON). 2. the prediction of health status from baseline and personality data. 3. the feasibility of QL assessment. Patients are asked to fill in a patient questionnaire (PLQ) prior to and at weekly intervals during the first 3 months of treatment and thereafter, on a 3-monthly basis during a 1 year follow-up. The PLQ includes self-ratings of physical complaints, mood and every day-functioning. In a patient diary, the IFN group additionally documents dosage and time of IFN application as well as well-being and personal notes on IFN effects. A similar diary except, IFN documentation, is kept by CON patients. To date, 47 of 55 randomized patients have returned the PLQ. The relevant forms were completed in 90% of cases. Excluding 5/55 drop outs, due to IFN adverse effects, IFN patients complied with the IFN application regimen (9 MU/t.i.w) and reported no or only mild physical complaints. However, differences in complaints and other QL indicators were observed between IFN and CON groups in the early treatment phase, with marked inter-individual variability. We expect differences in QL at follow up to level off and to depend on clinical, sociographic and personality variables.