

management of cancer pain

R06 Depressive symptom and oncological uncontrolled pain: assessment and evaluation in 562 patients

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Background: cancer patients may suffer from a plethora of symptoms at all stages of their disease. Pain is one of the most feared and distressing symptoms experienced by people with cancer and may be the dominating symptom at time of diagnosis of cancer, a sign of disease relapse, a symptom of late toxicity and a key symptom in patients with advanced cancer and it is often associated with depression and impaired quality of life, consistent with a biopsychosocial model. The main goal of this study is to investigate the relation among pain and depression in a population of oncological patients and the secondary objective is to analyse the association between cancer pain and coping styles.

Material and methods: 562 patients were included in the study and assessed using a 0–10 visual analogue scale (VAS) to evaluate pain's level. Depression and anxiety symptoms were assessed with the Hospital Anxiety and Depression Scale. Moreover, pain quality was measured with the "Questionario Italiano del Dolore".

Results: We divided the sample in two groups (group LP [low pain]: VAS < 5; group HP [high pain]: VAS = 5) to investigate the difference between patients with high and low pain as for depression and anxiety. The Independent – Sample t Test showed a significant difference between the two clusters for anxiety and depression subscales of HADS. This result was in accordance with correlation analysis that emphasized a positive correlation between both subscales of HADS and VAS. Finally, we observed a significant difference for quality of pain. The independence Sample t Test highlighted a difference in sensorial, affective and mixed subscales. This data were confirmed by correlation analysis where we found a positive correlation among VAS and sensorial, affective and mixed QUID subscales.

Conclusions: This study has shown that pain and depression are highly prevalent in cancer patients. Mood disorders are more prevalent in oncological patients with pain than those without pain. Our data confirmed the relationship between the presence of depression and pain.