

Patients receiving cancer treatment find repeated web-based anxiety and depression screening acceptable and useful

Evaluation of a repeated web-based screening procedure to detect anxiety and depression symptoms in Day Oncology patients

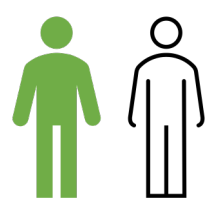
Background: Regular screening of psychological distress in cancer patients is recommended to facilitate timely intervention and improve outcomes. Barriers include time pressures, mental health stigma, and prioritisation of other health needs. Routine web-based screening may offer a viable solution to increase detection of anxiety and depression.

Aim: To investigate the acceptability and clinical utility of repeated online psychological screening during cancer care.

Methods:

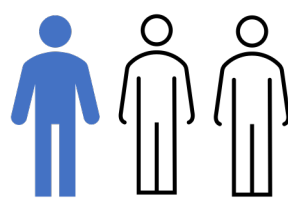
- 41 patients were recruited from Day Oncology
- Online screening measures included Distress Thermometer (DT) and Hospital Anxiety & Depression Scale (HADS)
- Patients provided feedback via surveys and interviews

Results:



1 in 2 patients

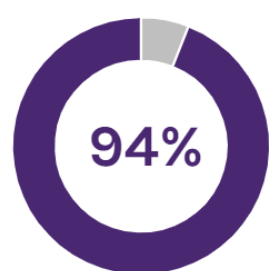
reported clinically significant distress at Week 0



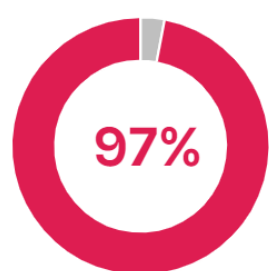
1 in 3 patients

who were below threshold at Week 0 reported significant symptoms at Week 8 and/or 16

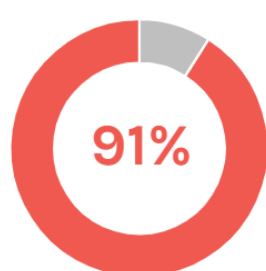
Patient Feedback:



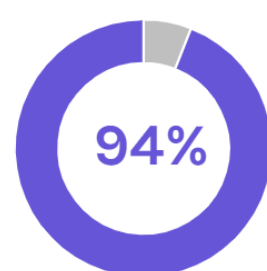
Agreed that questionnaires were **easy to complete**



Reported that questionnaires were **not burdensome**



Felt **comfortable** completing the questionnaires without a clinician



Strongly agreed that it is **important to ask** cancer patients about their emotional wellbeing

“*It made me open my eyes a bit...[Now] I'm in touch with a psychologist, and I don't think without those prompts I would have sought out that help for myself*”

Conclusions: Online screening may be a feasible option to facilitate detection of anxiety and depression symptoms. Screening repeatedly is important as distress scores may change over time.

Limitations: The study involved a relatively small sample size and only English-speaking patients were included.

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