



THE UNIVERSITY OF
SYDNEY



COMORBID ANXIETY AND RESOURCE USE

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POCOG SCIENTIFIC MEETING

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UTS BUSINESS SCHOOL

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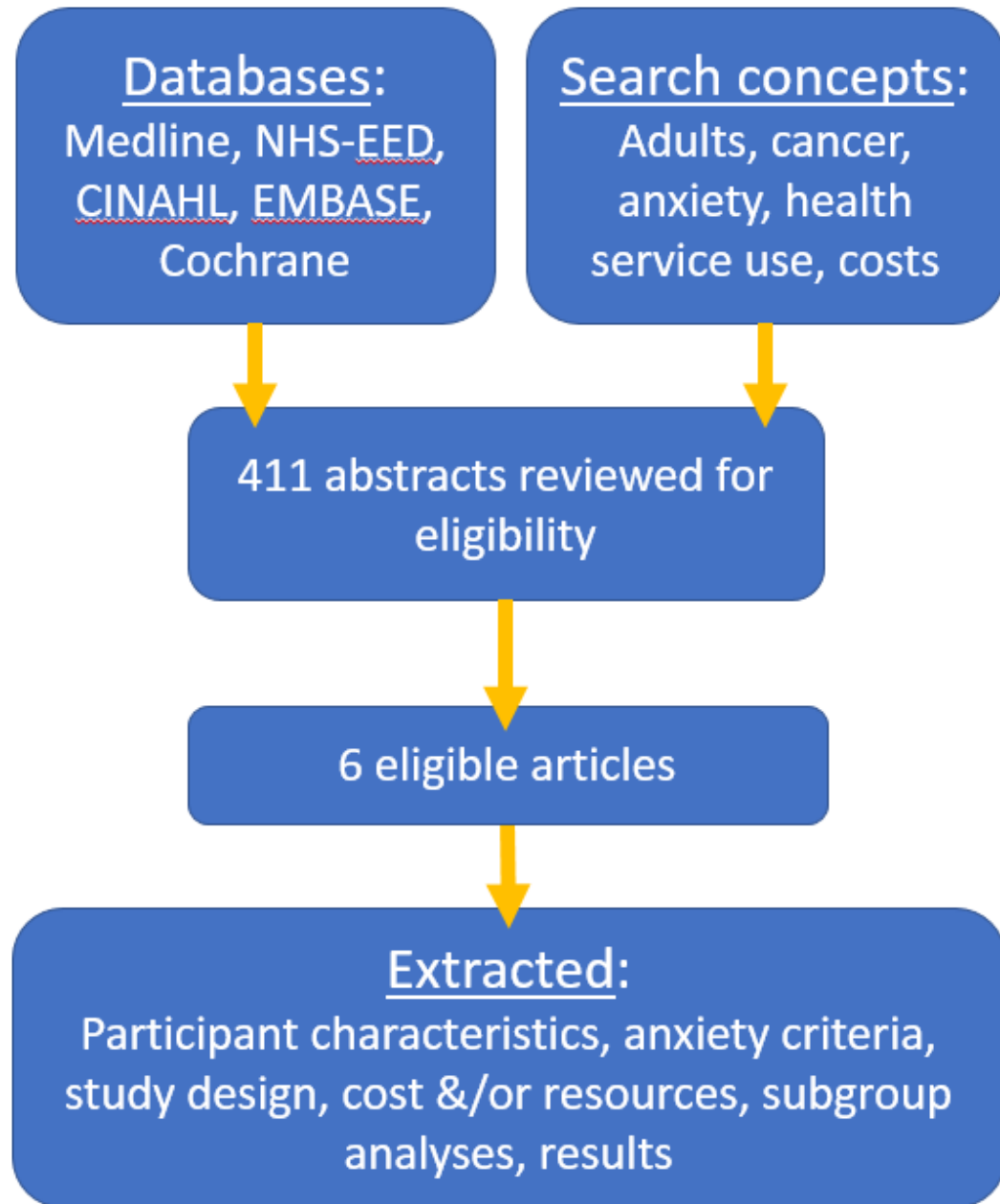
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ANXIETY IS...

- More common among cancer patients
- Associated with increased health service use
 - Not necessarily mental health related

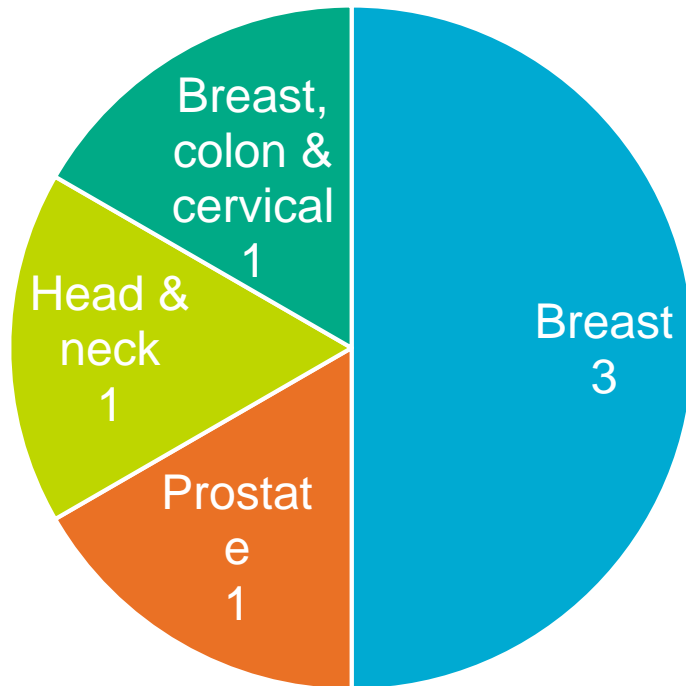


METHOD

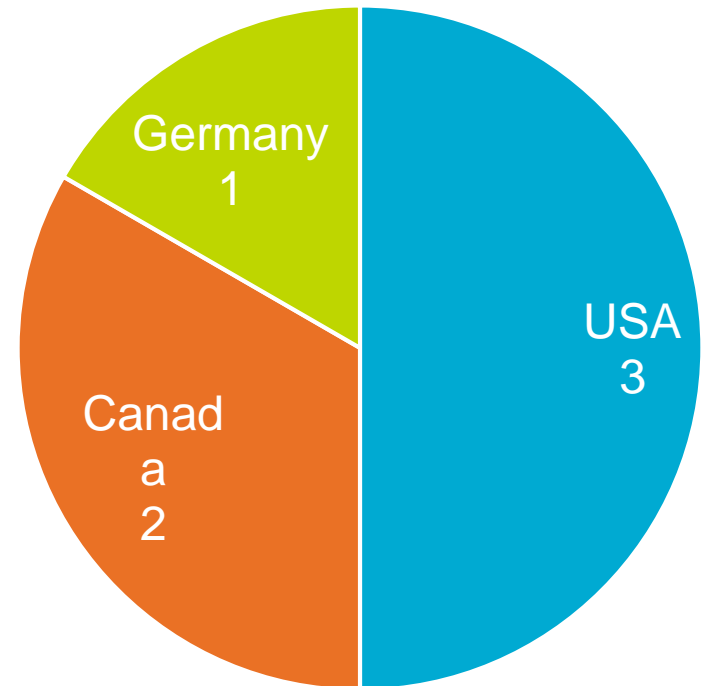


SIX ELIGIBLE STUDIES

Cancer type

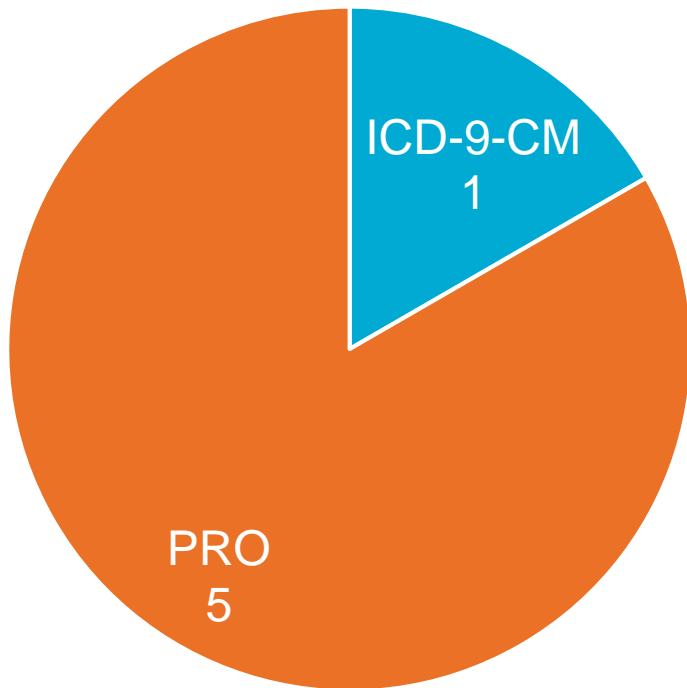


Location

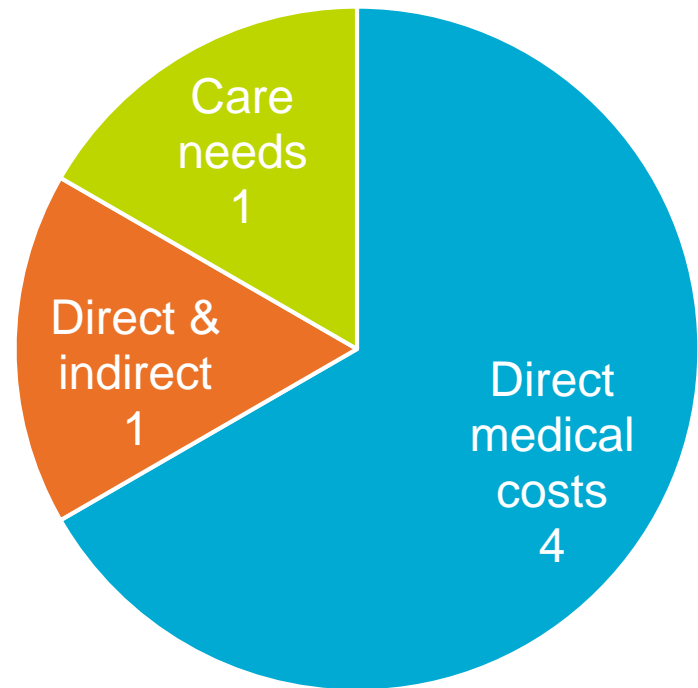


SIX ELIGIBLE STUDIES

Anxiety definition



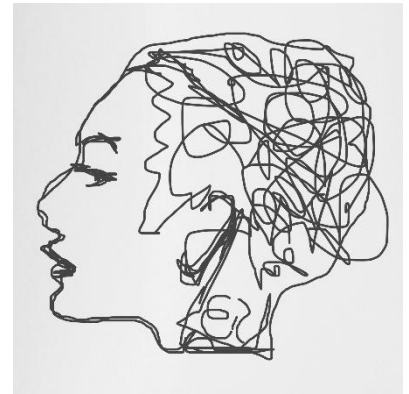
Resources



RESULTS

Paper	Design	Participants with anxiety had...
Fox, 2012 (n=40,202)	Observational cohort	<ul style="list-style-type: none">• ↑ likelihood of complications• ↑ likelihood of prolonged hospitalisation• ↑ costs of care
Mahal, 2015 (n=375)	Observational cohort	<ul style="list-style-type: none">• ↑ the likelihood of receiving therapy (instead of surveillance), despite limited additional benefit
Sabariego, 2011 (n=174)	RCT	<ul style="list-style-type: none">• ↓ GP visits, inpatient days and outpatient treatment after CBT group (vs. support group)
Lemieux, 2003 (n=125)	RCT	<ul style="list-style-type: none">• ↑ use of radiation• ↑ use of psychotropic drugs• No statistically significant different in costs
Mosher, 2012 (n=86)	RCT	<ul style="list-style-type: none">• ↑ use of mental health services after expressive writing group (vs. neutral writing)
Henry, 2014 (n=127)	Cross sectional survey	<ul style="list-style-type: none">• ↑ levels of unmet needs• ↑ willingness to use support services

CONCLUSIONS



- Limited evidence
- Those with cancer and comorbid anxiety may:
 - use additional health care resources
 - have higher health care costs
- These costs & resources may be related to mental health services, but many are not
- Effective anxiety screening & intervention could improve patient outcomes while reducing resource use and costs