Impacts of metastatic colorectal cancer on patient health-related quality of life: Results of an online US patient survey

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Background

- Globally, colorectal cancer (CRC) is the third most diagnosed cancer and the second leading cause of cancer-related mortality[1]
- The effects of disease symptoms and treatments negatively impact the health-related quality of life (HRQoL) of patients with metastatic CRC (mCRC)
  - HRQoL is impacted by the burden of disease, such as a recent diagnosis, physical symptoms, comorbidities, and disease progression/recurrence, or adverse events as a consequence of disease treatment[2–5]
- Maintaining or improving HRQoL is an important goal in the management of mCRC, in addition to increasing duration of life[2,3,6]
- Understanding challenges faced by patients with mCRC may help improve HRQoL and enhance their disease journey
- Using an online survey, we aimed to gain insights from patients on the effects of mCRC on their HRQoL

Methods

- The survey was conducted in the United States by The Harris Poll on behalf of Takeda (**Summary Panel**)
- Raw data were not weighted and are therefore only representative of participants who completed the survey
- The sampling precision of Harris online polls is measured by using a Bayesian credible interval. Total sample data are accurate to within 5.3 percentage points using a 95% confidence level
- All surveys are subject to multiple sources of error, which are most often not possible to quantify or estimate, including, but not limited to coverage error, error associated with nonresponse, error associated with question wording and response options, and post-survey weighting and adjustments

Results

Patients

- Of the 344 patients with mCRC who responded, 38% were treated at national cancer centers, 24% at community cancer centers, 19% at community hospitals, 10% at university hospitals, and 8% at private practices
- Key demographics and current health status of patients are shown in the Summary Panel

Impact of mCRC on patient lives

- Of 344 patients, a majority reported that mCRC had a negative impact on maintaining a normal work schedule (69%), financial well-being (69%), emotional well-being (67%), ability to participate in hobbies (64%), maintaining a desired level of physical activity (63%), and romantic relationships (61%) (**Summary Panel, Figure 1**)
- For relationships with family and friends, the positive impact of mCRC was higher than the negative impact (43% vs 40%) (**Summary Panel, Figure 1**)

Emotional impact of living with mCRC

- The majority of patients wished they were able to be more involved in the care of their families; however, most agreed that they felt like a burden to family or that the support from friends/family had decreased over time (**Figure 2**)
- Although most patients reported feeling closer to their loved ones, many struggled with being emotionally present and feeling alone at times (**Figure 3**)

Question

From the patients' perspective, what are the impacts of mCRC on their health-related quality of life?

Methods

Patients aged ≥18 years with stage IV colon, rectal, or colorectal cancer participated in the survey

Online 60-question survey, conducted in the United States, January 17–February 7, 2024

Scope of questions covered:
patient profile, diagnosis experience, the role of PAGs/other resources, HRQoL, access to care and financial challenges, discrimination, and treatment experience

Results

344 respondents

- **254 recruited via online panels**
- **90 recruited via PAGs** (BLKHLTH, COLONTOWN, Colorectal Cancer Alliance, and Family Reach)

Key demographics

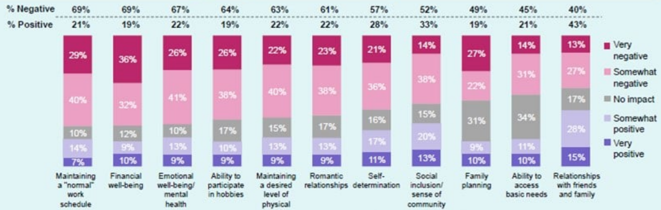
- **Mean age:** 56 (±13) years
- **Male:** 55%
- **White:** 46%
- **Black/African American:** 25%
- **Hispanic:** 22%

Current health status

67% described their overall physical health as poor

96% very or somewhat concerned about their current health

Figure 1: Impact of mCRC on HRQoL parameters*

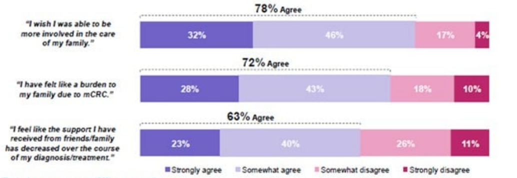


*Totals may not sum to 100% due to rounding; excludes 'not applicable' responses

Key conclusion

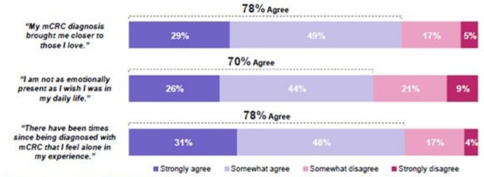
Patients report that multiple aspects of their HRQoL are impacted by mCRC. Better support is needed to help patients maintain HRQoL and minimize these impacts throughout their disease journey.

Figure 2: Impact of mCRC on family relationships*



*Total values may not sum to 100% due to rounding

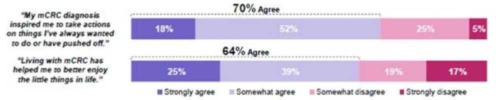
Figure 3: Impact of mCRC on emotional status and loneliness*



*Total values may not sum to 100% due to rounding

- For most patients, their mCRC diagnosis encouraged them to take action on things they have always wanted to do and enjoy the little things in life (**Figure 4**)

Figure 4: Impact of mCRC on activity and lifestyle*

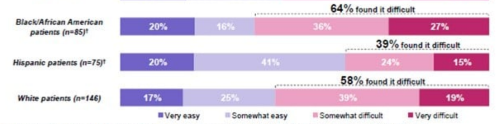


*Total values may not sum to 100% due to rounding

Access to mental health support

- Most patients (96%) attempted to access resources related to their mental health
- However, of those who attempted to access mental health resources, 55% of patients found this difficult, especially Black/African American patients compared with Hispanic or White patients (**Figure 5**)

Figure 5: Ease of accessing mental health resources among patients with mCRC who tried to access mental health resources*



*Total values may not sum to 100% due to rounding; †Base sizes are <100 and therefore results should only be interpreted directionally

- Overall, 71% of patients sought support from a mental health professional related to mCRC; however, of those patients, 34% did not receive care (**Table 1**)

Table 1: Patients who sought support from a mental health professional related to mCRC

Sought support, n (%)	All patients (N=344)†	Black patients (n=87)†	Hispanic patients (n=75)†	White patients (n=158)
Yes (n/all patients)	244 (71)	66 (76)	56 (75)	103 (65)
Yes, and I've received care (n/total yes)	162 (66)	38 (58)	44 (79)	70 (68)
Yes, but I didn't receive care (n/total yes)	82 (34)	28 (42)	12 (21)	33 (32)
No (n/all patients)	98 (28)	20 (23)	18 (24)	55 (35)

†1% of Black/African American respondents and 1% of Hispanic respondents declined to answer; base sizes are <100 and therefore results should only be interpreted directionally

Conclusions

- During their disease journey, patients with mCRC suffer a deterioration in multiple aspects of HRQoL that affects their daily lives, including emotional well-being/mental health
- Better support, specifically improving ease of access to mental health resources, is needed to help patients maintain HRQoL throughout their disease journey

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Disclosures

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