Coping and Distress among Individuals Diagnosed with Cancer and Diabetes
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INTRODUCTION
• Increase in cancer survivors living with other chronic illnesses, specifically diabetes
• Evidence that diabetes self-management decreases when individuals are undergoing cancer treatment
• Increased risk of depressive symptoms among cancer survivors
• Link between psychological distress and worse quality of life among cancer survivors
• Increased risk of depressive symptoms among individuals with diabetes
• Link between psychological distress and worse diabetes self-care
• Lack of research on psychological needs of patients diagnosed with both cancer and diabetes

OBJECTIVES
• Identify the levels of psychological distress among individuals diagnosed with both cancer and diabetes
• Determine the relationship between psychological distress and self-reported diabetes self-care

RESULTS
Demographics: Age: M = 61.7 years, Gender: 66% Female (N = 8), Race: 50% White (N = 6), 58%
Medical: Diagnosis: 58% Breast Cancer (N = 7), Treatment: 50% Surgery (N = 6) and 33% Chemotherapy (N = 4)

<table>
<thead>
<tr>
<th>Participant</th>
<th>Depression</th>
<th>Anxiety</th>
<th>Diabetes Self-Care</th>
<th>Psychological Distress and Diabetes Self-Care</th>
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CONCLUSIONS
• Half of the participants reported clinically significant depressive symptoms
• A majority of the sample reported at least mild anxiety symptoms
• Diabetes self-care was poor with participants’ average adherence to recommendations being “sometimes”

LIMITATIONS
• Small sample size (N=12)
• Limited to English-speaking population
• Cross-sectional study design

NEXT STEPS
The study will continue data collection to achieve a larger, more diverse sample

CLINICAL IMPLICATIONS
The study offers preliminary evidence that individuals diagnosed with cancer and comorbid diabetes should be screened for psychological distress and asked about adherence to diabetes self-care.

MATERIALS & METHODS
• Patient Eligibility
  1) Diagnosis of cancer (any type), 2) Diagnosis of diabetes (Type I, Type II, or pre-diabetes), 3) Ability to read/write comfortably in English, and 4) Age > 18 years.
• Self-Report Survey
  CESD-R 10, GAD-7, Brief COPE, SCI-R, a single question quality of life measure, and demographic information
• Data Analysis
  SPSS
  Descriptive Analysis
• Participant Capture Rate (12/14 = 85.7%)

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