

# **Final Report on Project: Long-Term Adjustment and Quality of Life Among Breast Cancer Survivors Following Treatment**

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**Goals and Objectives:** The purpose of this project was to follow-up with survivors who participated in a study of short-term adjustment after treatment for breast cancer. In the initial project, we interviewed 95 women on 5 occasions over 6 months, beginning with the end of radiation therapy. The subsequent project (funded by the Longer Life Foundation) added a 6<sup>th</sup> interview with the same women 18 months after the conclusion of treatment. The specific aims for this study were:

1. to document the course of psychological adjustment and quality of life in longer term survivorship – at 18 months after the conclusion of cancer treatment.
2. to examine how age, medical status, and psychosocial factors relate to adjustment and quality of life during later phases of survivorship.
3. to pilot our methodology for examining long-term issues in cancer survivorship.

**Summary of Progress:** We completed our recruitment of women 18 months past the end of treatment in 2/04. We considered 93 women to be eligible for the additional interview – these were women who were deemed as likely candidates for enrolling in the follow-up study because they completed a sufficient number of interviews in the first study. We sent recruitment letters to 93 women. Interviews were completed with 63 women, 15 refused the interview, 14 were lost to contact, and 1 was deceased.

**Plans for Grant Proposals or Publications:** We submitted a paper concerning the course of adjustment over the first 6 months after the conclusion of treatment for breast cancer (from the initial project). That paper was rejected by the first choice journal, but is being revised and will be resubmitted for publication by the end of 9/04. We presented another paper about patterns of depression after treatment at a scientific society meeting in 4/04, and that paper is being written currently. We have planned another paper examining how demographic and social factors interact with adjustment and psychological distress after the conclusion of treatment for breast cancer. This paper will include the longer-term data, gathered through the support of the Longer Life Foundation. No grant proposals to further this work are in development currently. The addition of the longer-term data (funded by the Longer Life Foundation) greatly strengthens the scientific merit of our work and will enhance the potential for publication of the data.