

### Introduction

- ❖ Head and neck (H&N) cancers are the 8<sup>th</sup> most common cancers in the world<sup>1</sup>.
- ❖ Over 550,000 people around the world are affected by them annually<sup>2</sup>.
- ❖ 30-50% of the H&N cancer patients experience psychiatric morbidity<sup>3</sup>.
- ❖ Partners of cancer patients experience similar levels of psychiatric morbidity<sup>4-6</sup>.
- ❖ Information seeking behavior is very common in cancer caregivers, however, their informational needs often remain unmet<sup>7</sup>.
- ❖ Partners achieve better psychological adjustments if their informational needs are met<sup>8-11</sup>.
- ❖ Partners with unmet informational needs experience higher levels of anxiety and distress<sup>12-14</sup>.
- ❖ The information seems to help partners in learning about their spouse's cancer and thus, may improve their ability to provide the needed care for their ill spouse<sup>15</sup>.

### Study Objectives

To investigate the impact of a Multimode Comprehensive Tailored Information Package (MCTIP) on partners of H&N cancer patients psychosocial well being.

### Methodology

#### Study design

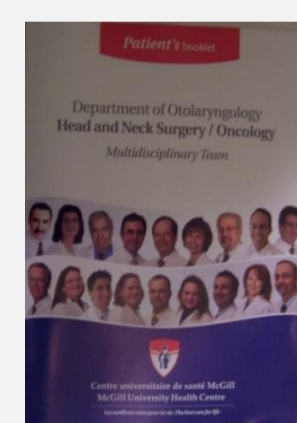
A non-randomized, controlled trial was conducted with partners of H&N cancer patients.

#### Study sample

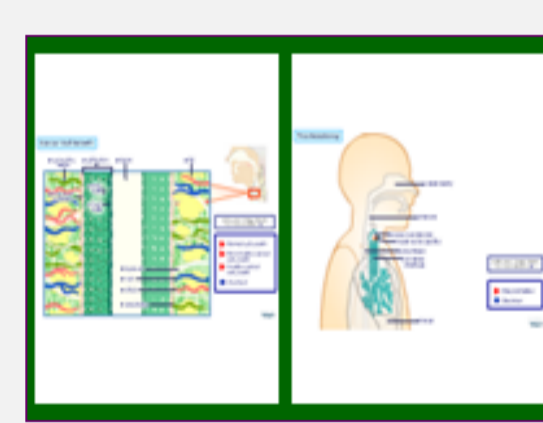
**Test-** McGill University Hospital Center

**Control** – Jewish General Hospital

#### Test Intervention- The MCTIP



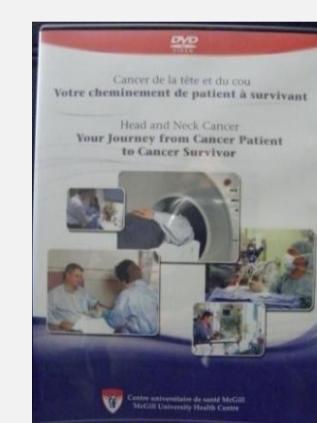
Patient's booklet



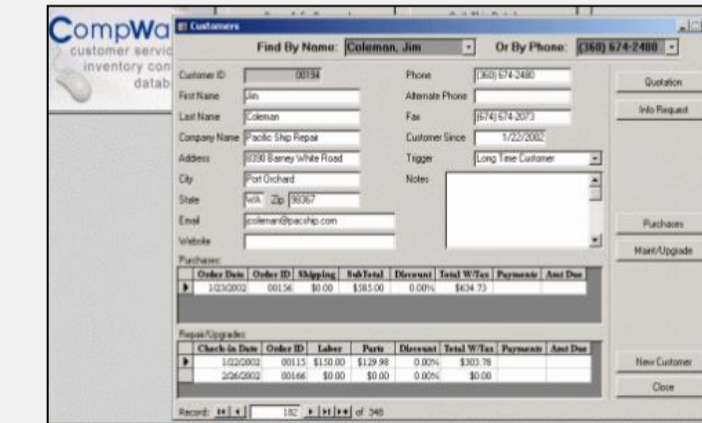
Computer animation



Interactive booth

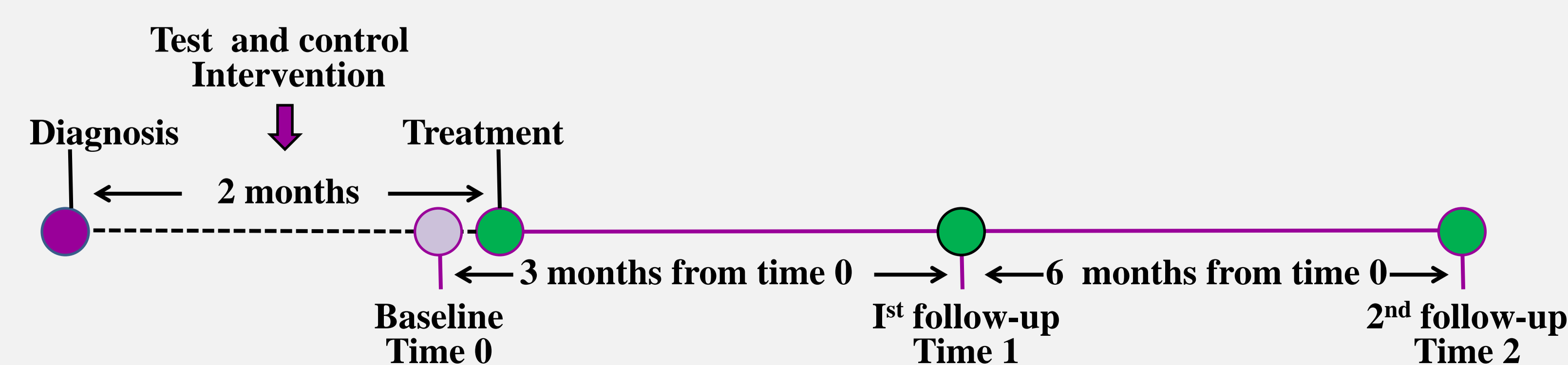


DVD



Patient's database

#### Study timeline



### Study participants

- Partners of newly diagnosed H&N cancer patients
- English or French speaking
- 18 years or older

### Outcomes measured

- Anxiety & depression using Hospital Anxiety and Depression Scale
- Satisfaction using Satisfaction with Cancer Information Profile
- Cancer knowledge

### Data analyses

- Descriptive statistics
- T tests and chi square tests
- Linear mixed model analysis to measure the impact of the intervention

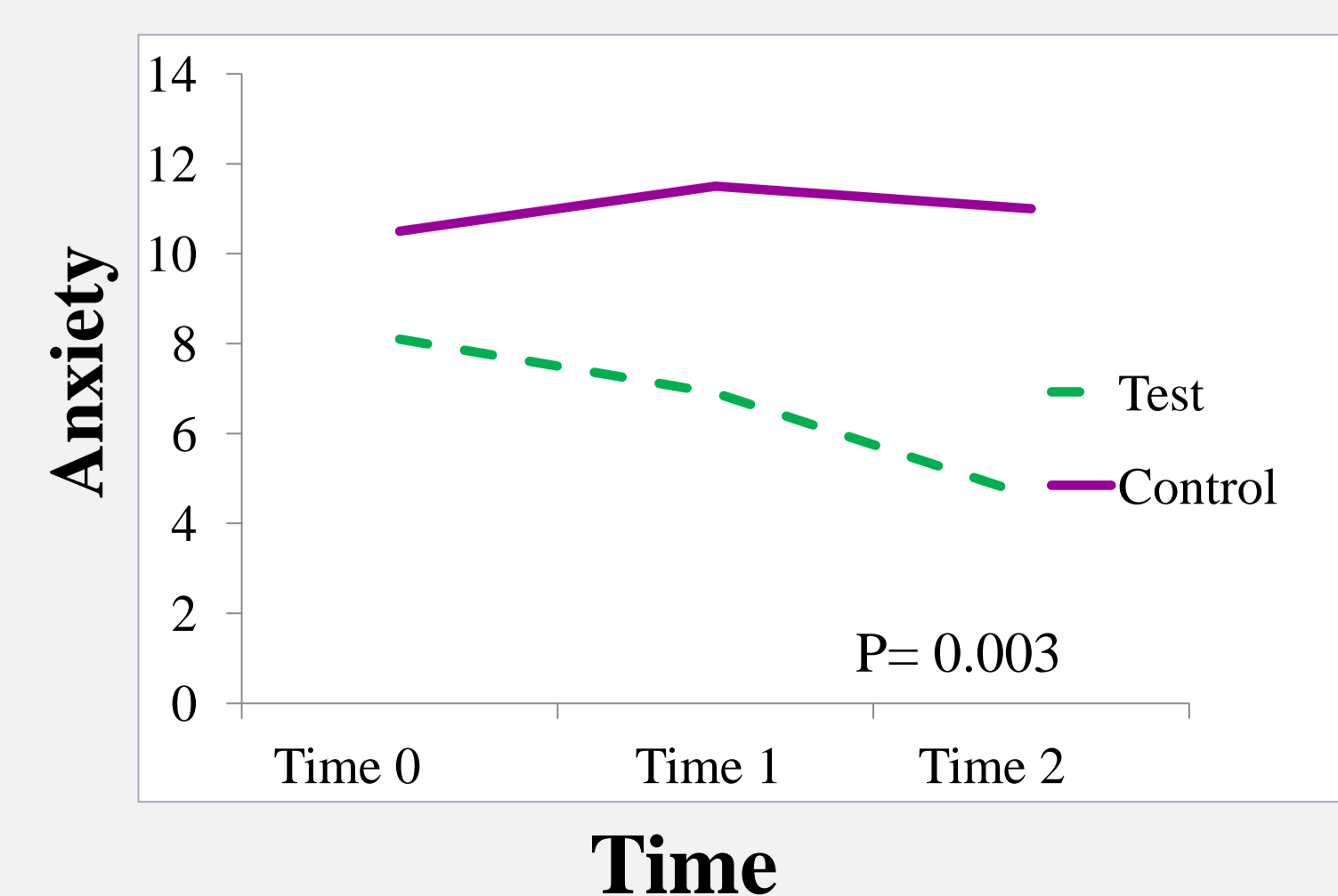
### Results

#### General characteristics of the sample

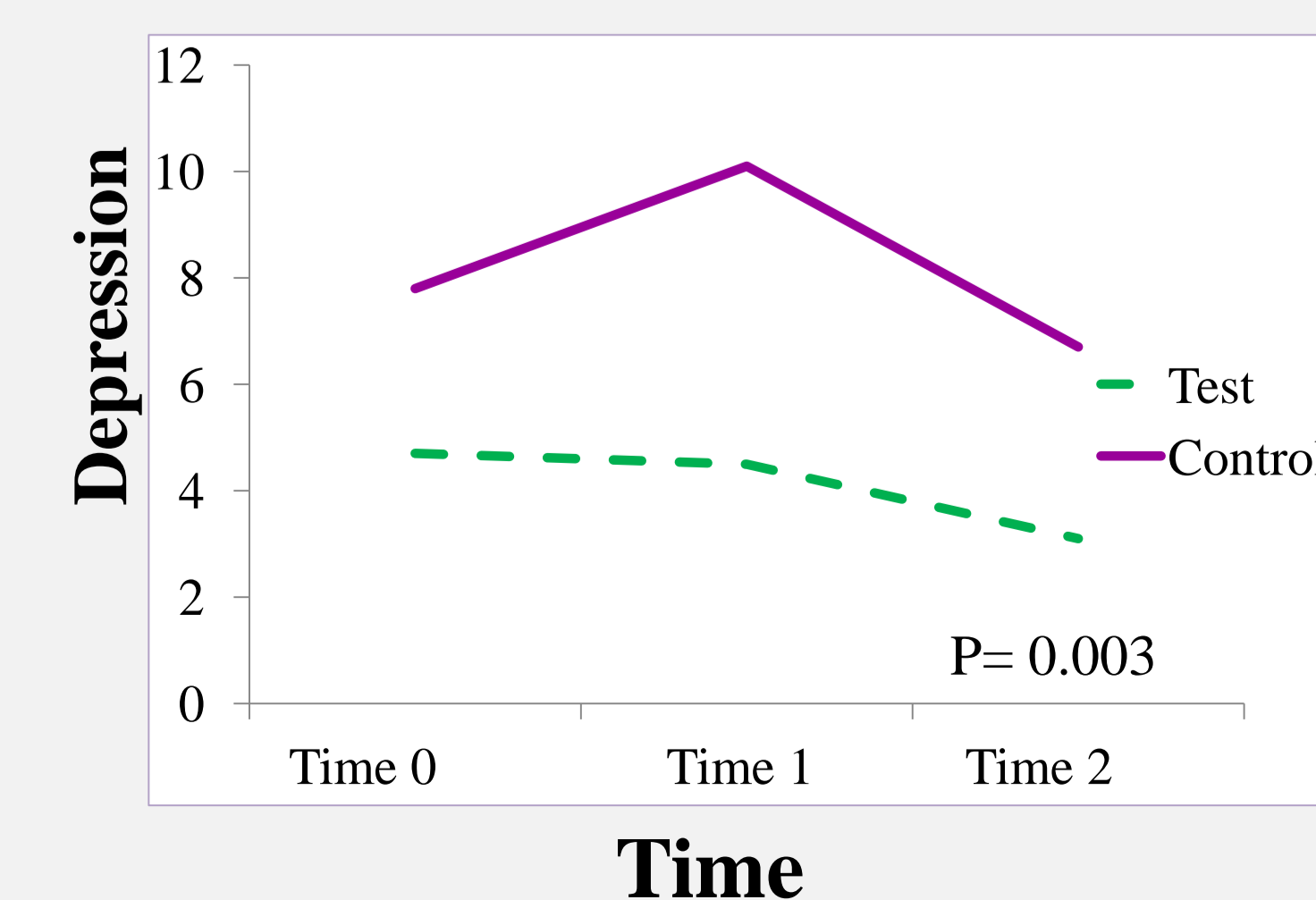
	Test (n =20)	Control (n=11)	p
	n (%)	n (%)	( 2- tailed)
<b>Age</b>			
Mean ± SD	59.7 ± 10.6	63.6 ± 14.6	0.15
<b>Gender</b>			
Male	6 (30)	4 (36.4)	0.5
<b>Language</b>			
English	9 (45)	7(63.6)	0.3
<b>Education</b>			
High school or below	7(35)	4(36.4)	0.6
College or University	13(65)	7(63.6)	
<b>Treatment</b>			
Surgery	1(5)	1(9)	0.182
Chemotherapy + radiation	17(85)	5 (45.5)	
Combinations*	2 (10)	5 (45.5)	

#### Impact of the MCTIP

##### Anxiety (0- 21)

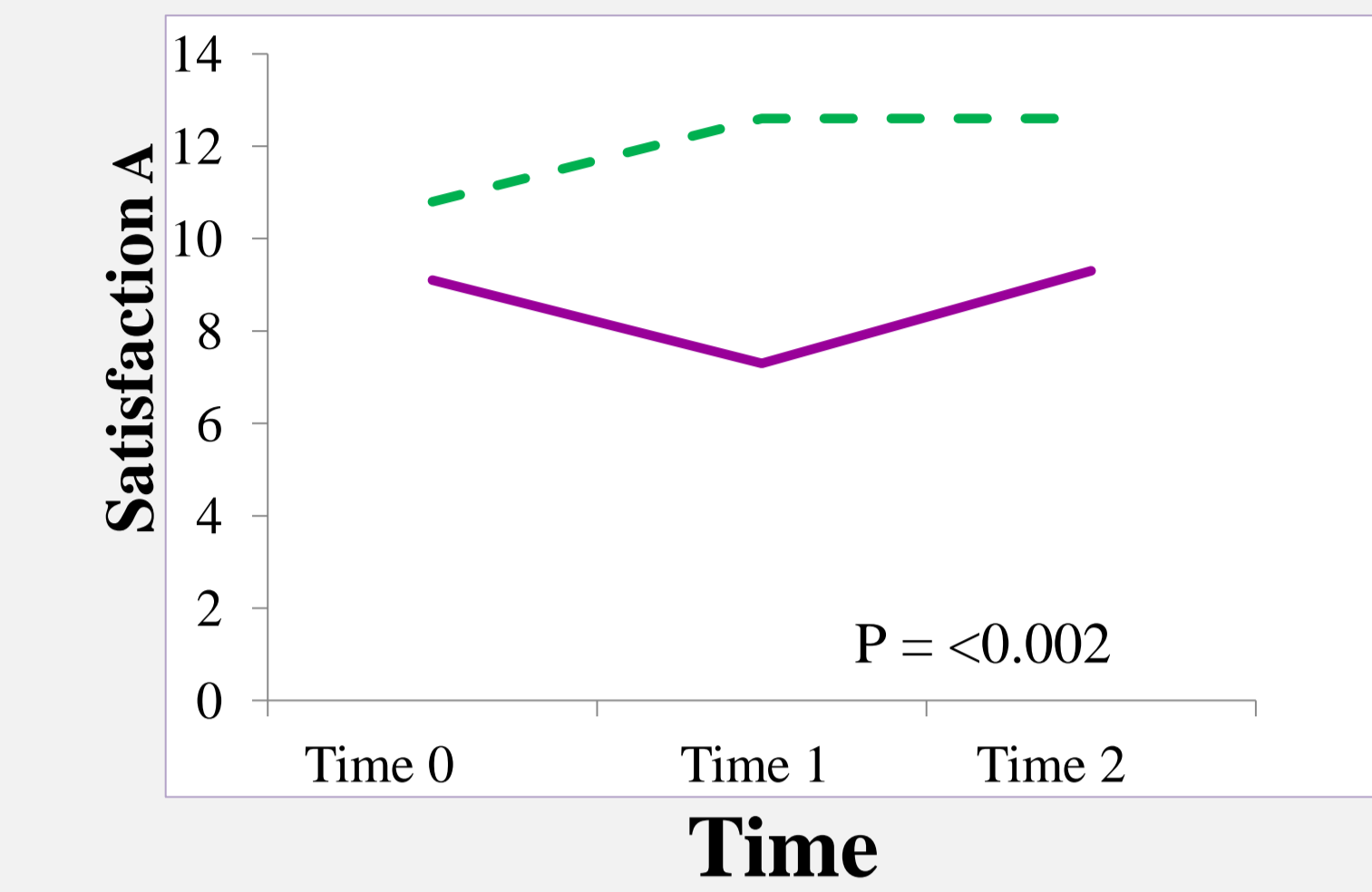


##### Depression ((0-21)



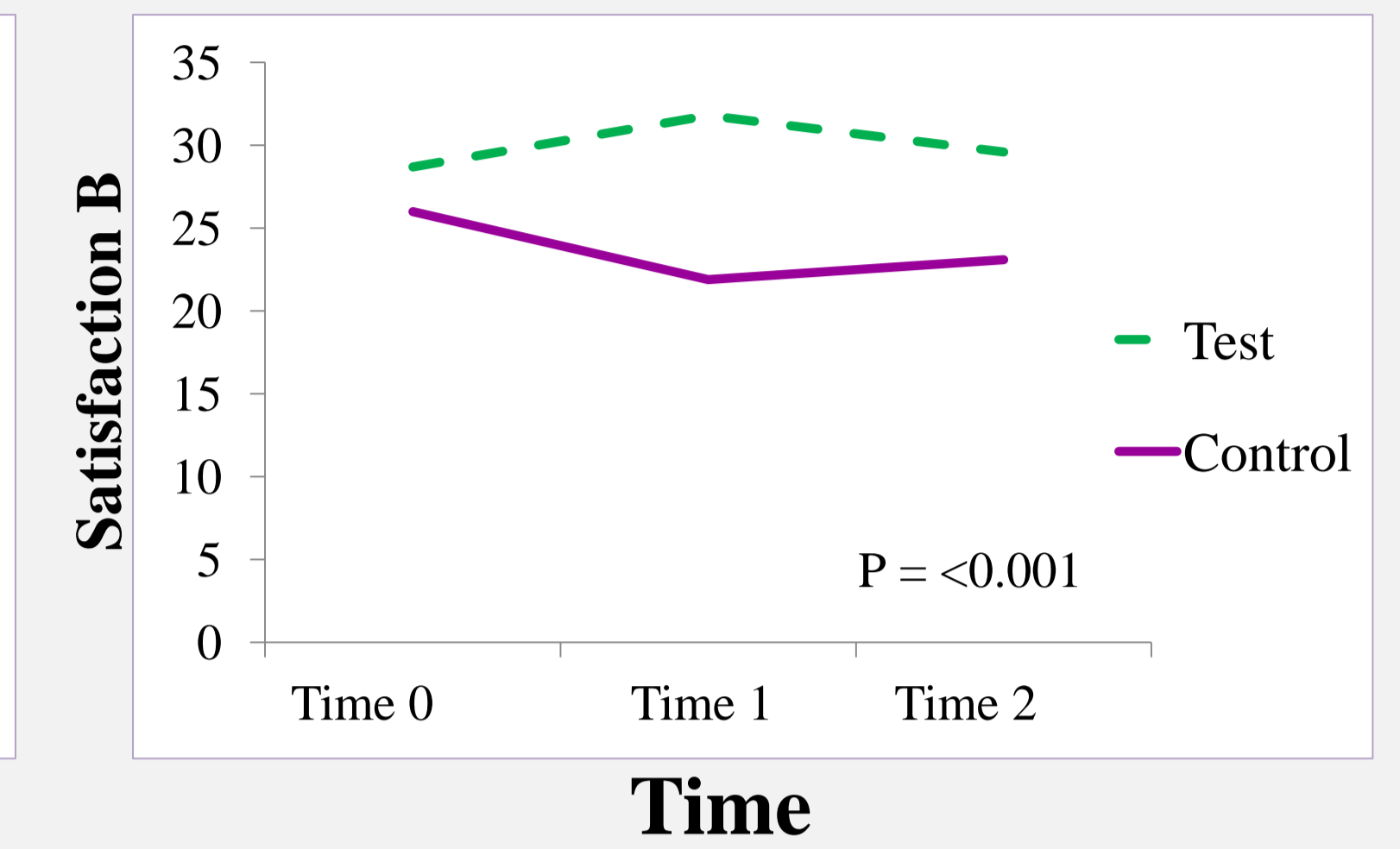
##### Satisfaction A (0-14)

Satisfaction with the amount and content of the information

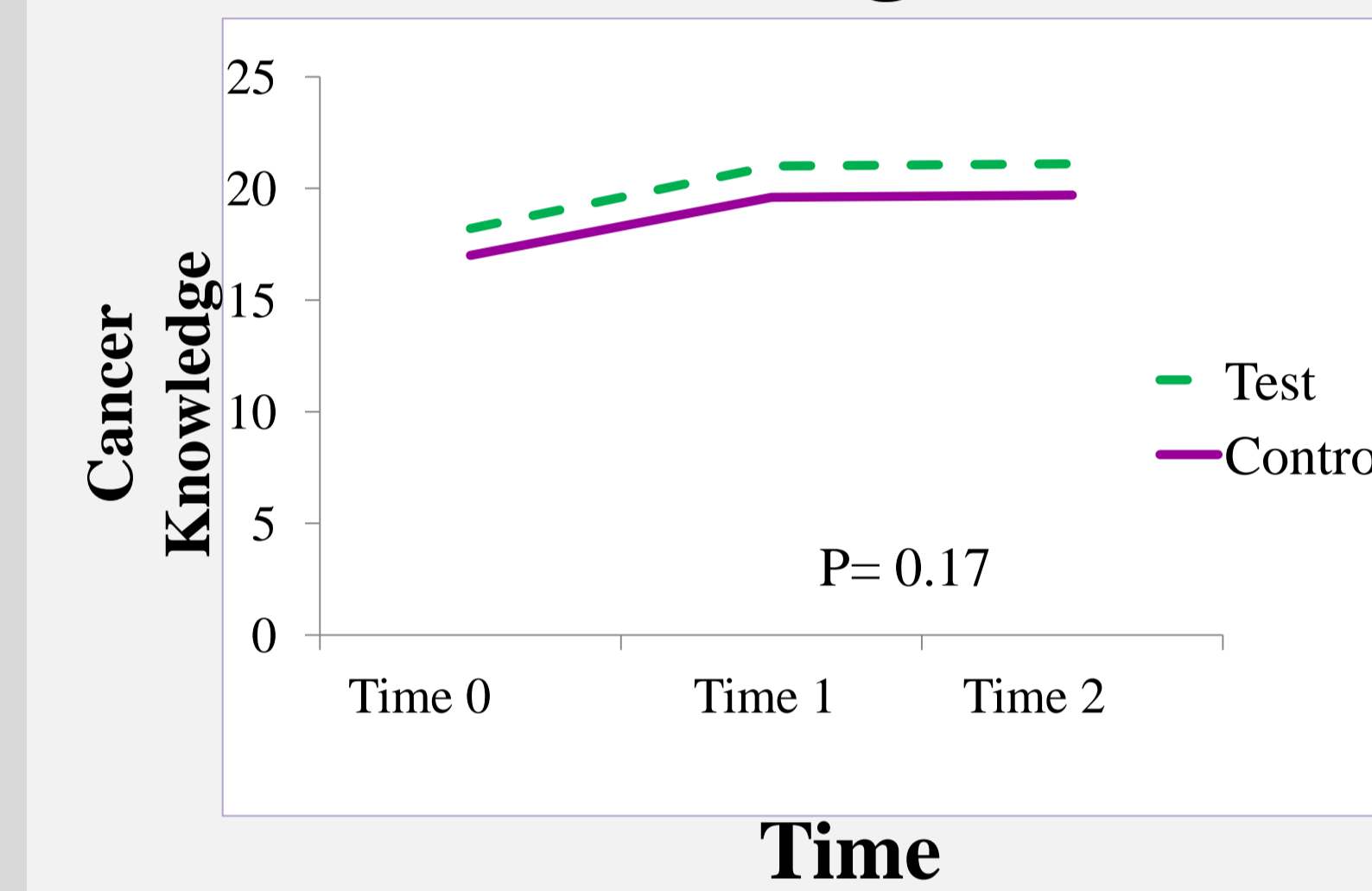


##### Satisfaction B (0-35)

Satisfaction with the form and timing of the information



##### Cancer Knowledge (0-25)



### Conclusions

The MCTIP was associated with lower levels of anxiety and depression and higher levels of satisfaction ratings.

### Acknowledgments

- All study participants
- H&N cancer care team at MUHC and JGH
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