

# Most cancer survivors have good psychological outcomes

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Allison W. Boyes, Ph.D., of the University of Newcastle in Callaghan, Australia, and colleagues recruited a sample of adult [cancer survivors](#) from two state-based cancer registries. A total of 1,154 participants completed self-report questionnaires at six and 12 months after diagnosis. The Hospital Anxiety and Depression Scale was used to assess [anxiety and depression](#).

The researchers found similar prevalence of anxiety (about 20 percent), depression (13 percent), and comorbid anxiety-depression (9 percent) at six and 12 months. The most prevalent trajectory from six to 12 months for psychological morbidity was non-case for anxiety (70 percent), depression (82 percent), and comorbid anxiety-depression (87 percent). The strongest predictor for psychological morbidity at 12 months was psychological morbidity at six months. Other strong

predictors of psychological morbidity included diagnosis of lung cancer and [health risk behaviors](#), such as smoking and insufficient physical activity.

"In conclusion, between six and 12 months post-diagnosis, the majority of cancer survivors demonstrated a trajectory of psychological adjustment indicative of resilience or recovery," the authors write. "Earlier psychological morbidity, lung cancer diagnosis, a history of smoking, and inadequate physical activity were the strongest predictors of subsequent psychological morbidity."

**More information:** [Abstract](#)  
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