

## Survey Results – Anxiety & Depression in Caregivers

A 2016 survey developed and conducted by Us TOO International and CancerCare generated data from 633 respondents, of which 537 (85%) were prostate cancer survivors. While the data is not statistically significant, it provides valuable insight into the need for additional educational resources and importance of support services for the prostate cancer community.

The impact of prostate cancer extends beyond the man who's diagnosed and can affect the man's spouse/partner, family or friends.

Respondents indicated that each of the following situations or side effects are "somewhat likely" or "very likely" to cause symptoms of anxiety or depression among men diagnosed with prostate cancer:

- Diagnosis of prostate cancer 93%
- Ongoing PSA testing 85%
- Managing prostate cancer treatment 89%
- Intimacy side effects (erectile dysfunction) 92%
- Urinary incontinence 90%
- Bowel/fecal incontinence 78%
- Financial costs of treating or managing PCa 78%

Respondents indicated that each of the following situations and side effects are somewhat or very likely to cause symptoms of anxiety or depression among spouses/partners or friends/family of men diagnosed with prostate cancer:

- Diagnosis of prostate cancer 87%
- Ongoing PSA testing 86%
- Managing prostate cancer treatment 91%
- Intimacy side effects (erectile dysfunction) 78%
- Urinary incontinence 83%
- Bowel/fecal incontinence 88%
- Financial costs of treating or managing PCa 82%