

Anxiety & Depression

The prevalence of depression and anxiety in men with prostate cancer, across the treatment spectrum, is relatively high compared to rates of depression and anxiety in men without prostate cancer in a similar age cohort. A sample of 4,494 patients with prostate cancer in North America and Europe with an average age of 66.3 with treatments including radical prostatectomy, radiotherapy, hormone therapy, chemotherapy, active surveillance, and newly diagnosed (no treatment yet selected) found that:

	Measures of anxiety	Measures of depression
Pre-Treatment	27.04%	17.27%
On-Treatment	15.09%	14.70%
Post-Treatment	18.49%	18.44%

The prevalence of clinical depression and anxiety in British men without prostate cancer aged over 65 years is estimated to be less than 9% and 6%, respectively.

(BMJ open, published in 2014, Vol 4 Issue 3)

Survey Results – Anxiety & Depression

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 vast majority of survey respondents (97%) saw a need for educational materials and resources to help recognize and effectively manage the symptoms of anxiety and/or depression that can result from a diagnosis of prostate cancer. Six out of ten respondents (60%) identified this as a “great need” and another 37% saw it as “somewhat of a need.”

This is due in part to the recognition by 94% of those surveyed that it’s normal for someone who’s dealing with prostate cancer to experience anxiety and/or depression; with 77% indicating they have personally experienced symptoms of anxiety or depression.