A Retrospective, Cross-Sectional Study of Self-Reported Physical Activity and Depression Among Breast, Gynecologic, and Thoracic Cancer Survivors

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According to the American Cancer Society (ACS, 2019), there were more than 16.9 million cancer survivors in the United States in 2019, and that number is projected to exceed 22.1 million by 2030. Cancer survivors have an increased prevalence of physiologic and psychological distress compared to the general population for multiple reasons, including fear of death, disease recurrence, pain, fatigue, memory issues, and poor sleep quality (ACS, 2019; Iadeluca et al., 2017; Syrowatka et al., 2017). A growing body of evidence suggests that this population is at elevated risk for mood disorders, such as depression, for years following diagnosis. Synthesis of the data regarding the overall prevalence of depression among people with cancer during and after treatment is complicated by differences in the type and stage of cancer, as well as time since diagnosis and treatment completion (Krebber et al., 2014). Previous multicenter studies and meta-analyses describing depression in the population of patients with cancer reported overall mean depression prevalence from 8% to 24%, but noted that prevalence was highest during treatment (27%) and decreased to 19%–21% one year postdiagnosis and 12%–15% when measured more than one year postdiagnosis (Eichler et al., 2018; Krebber et al., 2014; Mitchell et al., 2013). Among longer-term survivors who have completed treatment and are without metastatic disease, reports of depression prevalence also varied by tumor type. In a systematic review of 42 studies, depression was prevalent in 4%–26% of breast cancer survivors who were 6–10 years postdiagnosis (Syrowatka et al., 2017). Fewer reports focused on long-term survivors of other cancers, with depression prevalence of 19%–20% and 13% among lung and ovarian cancer survivors who were more...