



Chronic Myeloid Leukemia Patients' Views on Psychological Support Throughout the Treatment Free Remission Journey

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Introduction

- ◆ Much is still unknown about the **experiences of those considering and undertaking treatment-free remission (TFR)**.
- ◆ Through this study, which was **designed by patients for patients**, we sought to obtain quantitative **evidence of patient experience and to identify areas of unmet needs**.
- ◆ We sought to assess the **psychological and emotional impact on patients throughout the whole TFR journey**, and to understand what psychological and/or emotional support they received.

Method

- ◆ A **global survey was conducted online in eleven languages**.
- ◆ A questionnaire was **designed by an expert panel of CML patients**.
- ◆ The questionnaire captured the **experiences of patients across the different phases of the TFR journey (Figure 1)**.
- ◆ Patients only answered the sections of the questionnaire that were relevant to them.

Results

Figure 1: Phases of Treatment-Free Remission

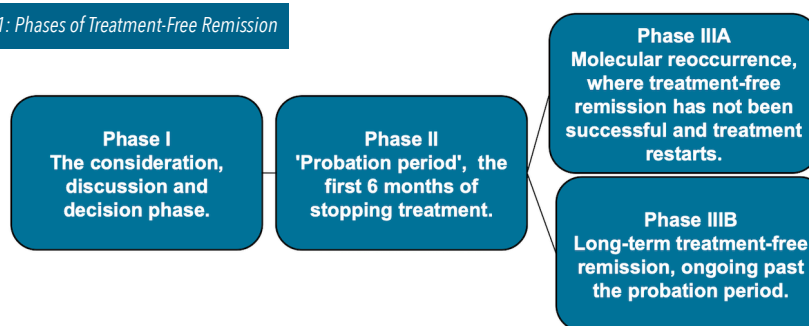


Figure 2: Topics discussed with the doctor in Phase II

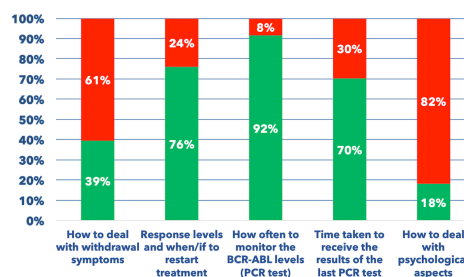


Figure 3: Frequency of fear or anxiety in Phase II

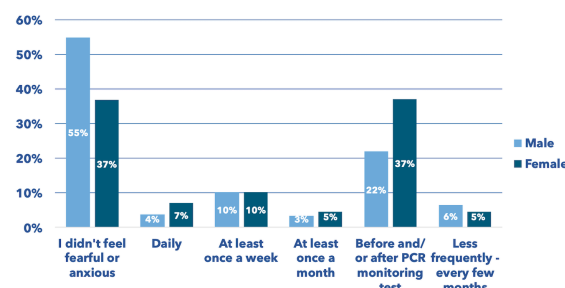


Figure 4: Percentage of respondents' agreement/disagreement that they felt the listed emotions in Phase IIIA

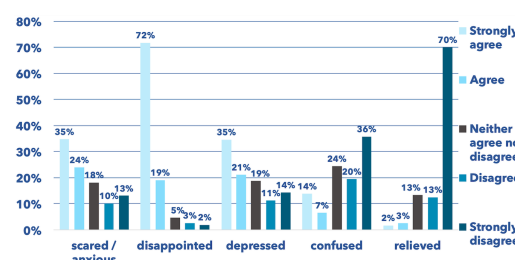


Figure 5: Extent of concern caused by fluctuations in PCR levels in Phase IIIB

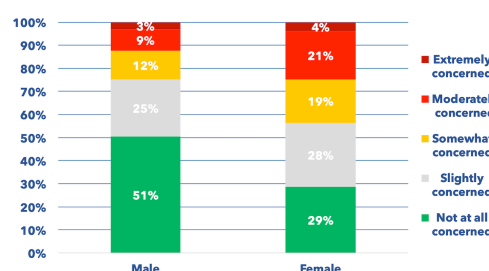
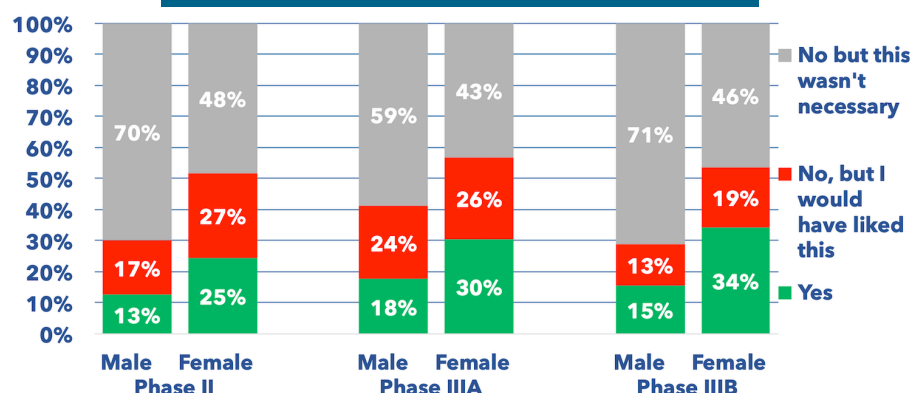


Figure 6: Psychological and/or emotional support received during each Phases



Conclusions

- ◆ There are opportunities for more communication and support around psychological issues to be given through the provision of information, during the consideration phase and/or discussions between doctors and patients during the probation phase.
- ◆ The desire for psychological and/or emotional support is evident across all phases of the TFR journey, and the results indicate that even patients in long-term TFR are receiving or want to receive it.
- ◆ There appears to be a relationship between psychological and emotional concerns and gender, with female respondents reporting poorer experiences and a greater requirement for support in these areas.
- ◆ The psychological and emotional wellbeing of patients should be a consideration of healthcare professionals and addressed at every phase of the TFR journey, to ensure patients receive support at the level they want through personalised care.

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