

## **Practical Symposium - Psycho-oncology: what clinical oncology pharmacists need to know?**

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The increasing incidence of cancer will lead to a higher prevalence of cancer survivors, as there have been remarkable improvements in cancer research, diagnosis and treatment, turning many cancers into chronic diseases. The interplay between physical and mental health, behavioural and social factors that influence morbidity and quality of life both at the onset of cancer and during cancer survivorship is complex. Patients are known to experience high levels of psychological distress due to the short, medium, long and late effects of cancer and treatment, as well as pre-existing psychosocial vulnerabilities. Psychosocial distress and mental comorbidity in cancer populations has been associated with female gender, poor physical function, age, pain, and lower social support and socioeconomic status. This is important, as poor mental health is associated with numerous adverse outcomes, including poor quality of life, higher morbidity, worse survival and higher mortality, and higher costs for the health system. The workshop will provide an overview of the spectrum of psychosocial distress experienced by patients at different stages of survivorship, the mechanisms that lead to a higher prevalence of mental comorbidity, and an overview of evidence-based interventions and care approaches.