BACKGROUND & PURPOSE

- The adolescent and young adult (AYA) age range is key for psychosocial development: therefore, the addition of a cancer diagnosis may cause AYA cancer survivors to face higher levels of psychosocial distress.
- AYAs in minority populations may face higher psychosocial distress and poorer health-related quality of life (HRQoL).
- Risky health practices, such as alcohol use, and chronic health conditions can also lead to poorer mental health.
- Few studies assess the impact of both a cancer diagnosis and risky health practices on Hispanic AYA’s mental health and HRQoL.

Purpose:
The aim of this study is to investigate the health practices, comorbid conditions, and mental distress among Hispanic AYA cancer survivors in comparison with Hispanic AYAs without a history of cancer in order to develop targeted psychosocial interventions.

METHODS

- Cross-sectional, matched case-control design using population data from the National Health Interview Survey (NHIS) 2009-2018.
- Kessler nonspecific psychological distress scale (K6) was used to identify mental distress.
  - 6-item K6 scale asks respondents how frequently within the past 30 days they felt: nervous, hopeless, restless, worthless, sad, and that everything was an effort.
  - Total score ranges between 6 to 30, with lower scores indicating worse mental health.

CONCLUSION/FINDINGS

- Hispanic AYA cancer survivors and controls were matched on survey year, age at diagnosis, sex, education, income level, insurance status, and marital status.
- Sociodemographic variables, such as age, marital status, and education, were found to be comparable between two groups after matching (Table 1).
- Hispanic AYA cancer survivors reported more comorbid conditions than their healthy controls (Table 2).
- Drinking status was not found to be significantly different between Hispanic AYA cancer survivors and controls (Table 2).
- AYA cancer survivors and co-morbidities were significant predictors of higher mental distress, unlike alcohol status (Table 3).
- Hispanic AYA cancer survivors reported poorer psychosocial health than matched controls (b= -0.898, t= -2.236, p = 0.026) (Table 3).

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