



Symptoms Prevalence and Quality of Life Among Cancer Survivors

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Introduction

With advancements in cancer care, survival rates have increased, yet survivors continue to experience multiple burdensome symptoms that significantly impact their quality of life (Han et al., 2020). Current research highlights gaps in understanding the holistic and culturally nuanced experiences of diverse cancer survivor populations (Tan et al., 2022).

Aim of the study

To assess symptoms' prevalence, characteristics, and quality of life among cancer survivors in Oman.

Methodology

A cross-sectional correlational descriptive design was employed in three major healthcare settings in Muscat, Oman.

Measures:

1. Demographic Data Sheet (DDS)
2. Memorial Symptom Assessment Scale (MSAS)
3. Quality of Life Index - Cancer Version (QLI-C)
4. Karnofsky Performance Status Scale (KPSS)

Findings

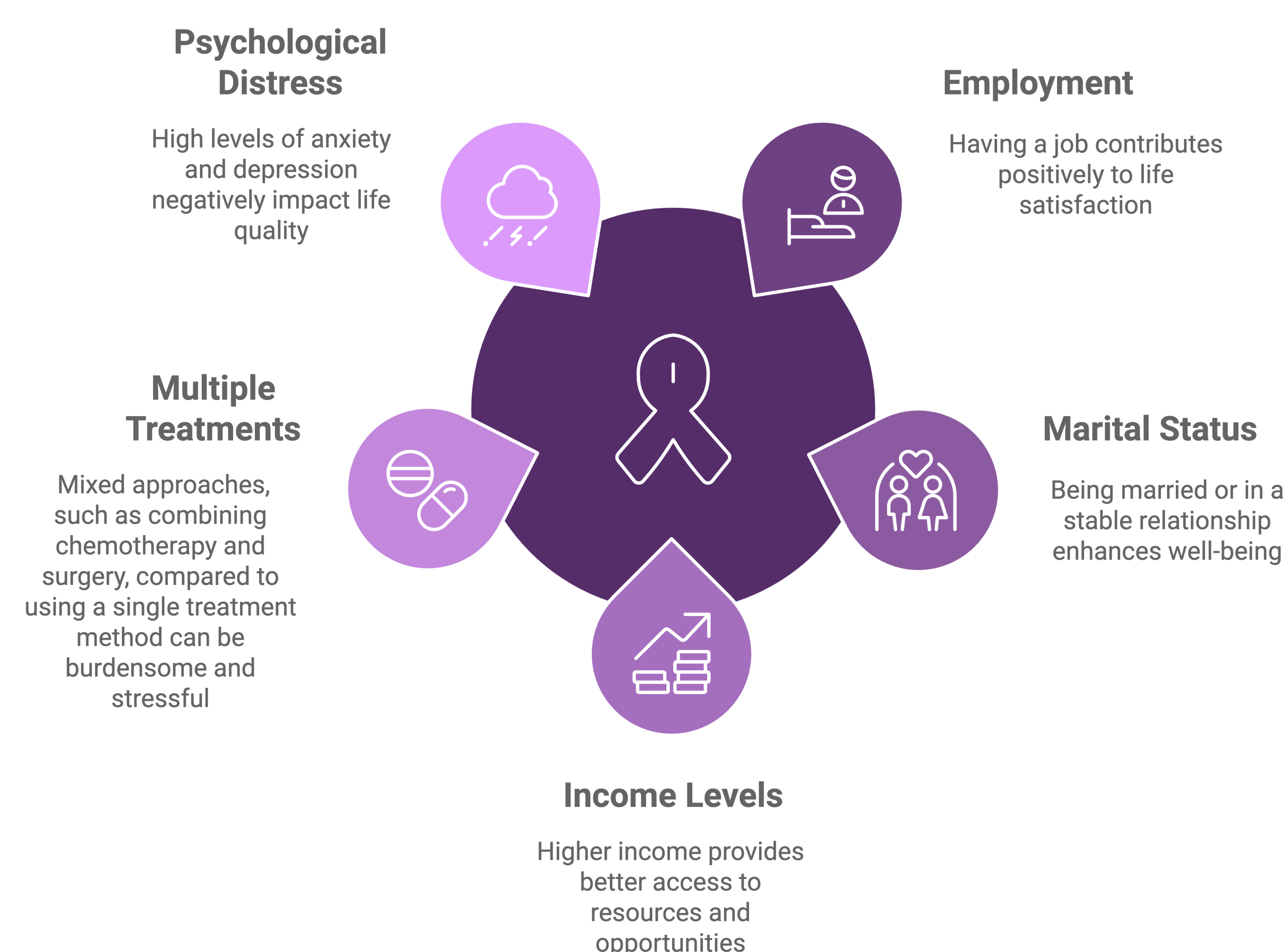
The sample comprises 292 cancer survivors with an average age of 47.9 years (SD = 13.0) and a mean survival period of 2.5 years (SD = 3.3).

The most reported symptoms were lack of energy (55.1%), numbness or tingling (53.8%), pain (53.1%), and worrying (51.7%), with an average of 10.9 symptoms per survivor.

The overall QoL score was 23.9 (SD = 5.0), with the highest scores in the Family (25.5, SD = 5.8) and Psychological/Spiritual (25.1, SD = 5.8) domains.

Employment, marital status, and higher income were significant predictors of better QoL, while multiple treatments and high psychological symptoms were linked to poorer QoL.

Predictors of Quality of Life



Conclusion

This study highlights the significant symptom burden and its impact on QoL among cancer survivors in Oman. Tailored interventions addressing both physical and psychological needs are essential to enhance survivors' QoL.

Implications

- Cancer survivors face a high prevalence of symptoms that profoundly affect their daily lives and overall well-being.
- Comprehensive survivorship care plans should address physical, psychological, and social challenges.
- Mental health services, including counseling, support groups, and stress management, are vital for improving quality of life.

References

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