ABSTRACT

Introduction: Cancer is among the leading causes of incidental death worldwide. Cancer-related fatigue and fear of recurrence are two most distressing symptoms which significantly disrupt normal functioning and quality of life of cancer survivors.

Objectives: The purpose of this preliminary study is to assess the level of cancer-related fatigue (C-FR), fear of recurrence, and quality of life of cancer survivors.

Methods: A cross-sectional research design with self-administrated questionnaires was used. Eighty-five volunteers from an NPO cancer foundation in Taiwan participated in this study. The evaluation included social-demographic inventory and three questionnaires on cancer-related fatigue, fears of recurrence, and quality of life.

Results: Most participants (70%) are breast cancer survivors, the remainders are ovarian and lung cancer survivors. Among the survivors, 36.5% indicated they had cancer-related fatigue, while 29.4% expressed fear of recurrence. There is no significant correlation between types or stages of cancers and cancer-related fatigue, fear of recurrence, or quality of life of survivors. Self-awareness symptoms of anxiety, pain, and fatigues are significantly parameters predicting cancer survivors' quality of life (R²=0.398, p=0.003).

Conclusions: The result of this study reveals the cancer survivors perceptions on cancer-related fatigue, fear of recurrence, and quality of life. It suggests that developing an effective intervention for improving cancer-related fatigue, fear of recurrence, and quality of life is critical for survivors, irrespective of the types or stages of their cancers.

Keywords: Cancer-Related Fatigue, Fear of Recurrence, Quality of Life

REFERENCES


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