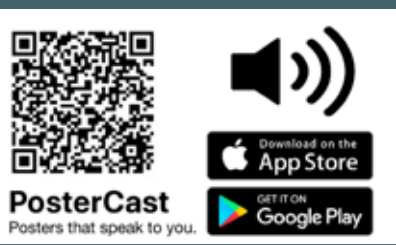




# Chronic Myeloid Leukemia Patients' Views on Psychological Support Throughout the Treatment-Free Remission Journey



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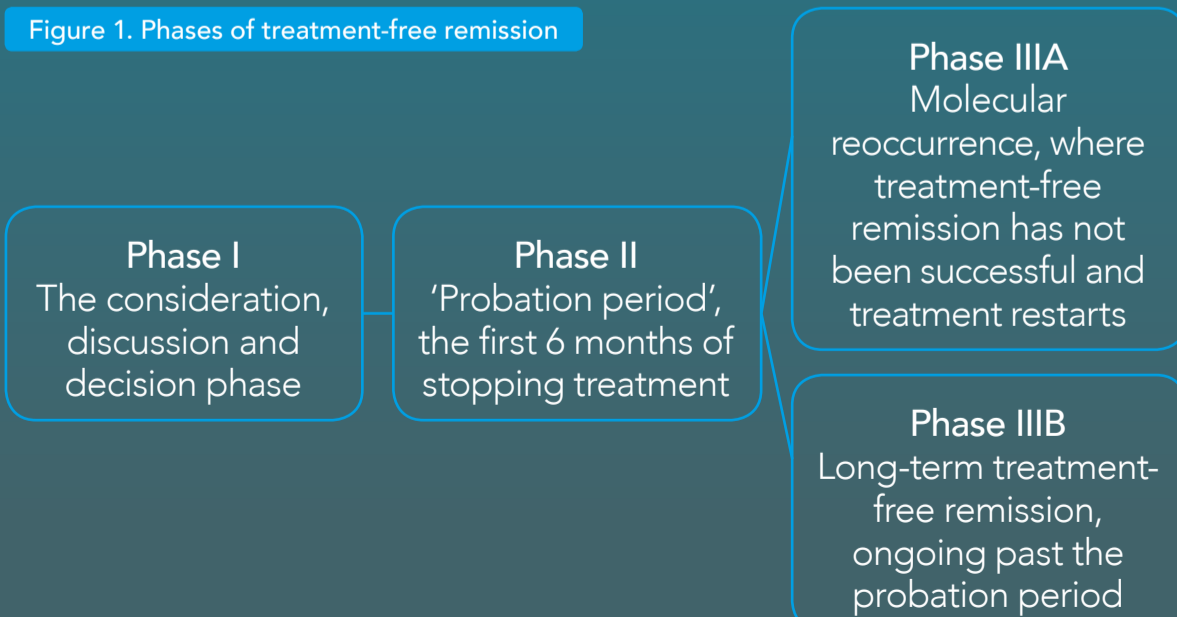
## INTRODUCTION

- 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

## METHODS

- 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)

Figure 1. Phases of treatment-free remission



- Patients only answered the sections of the questionnaire that were relevant to them

## RESULTS\*

1016 responses were collected from CML patients across 68 countries (Figure 2)



Figure 2. Respondents by country

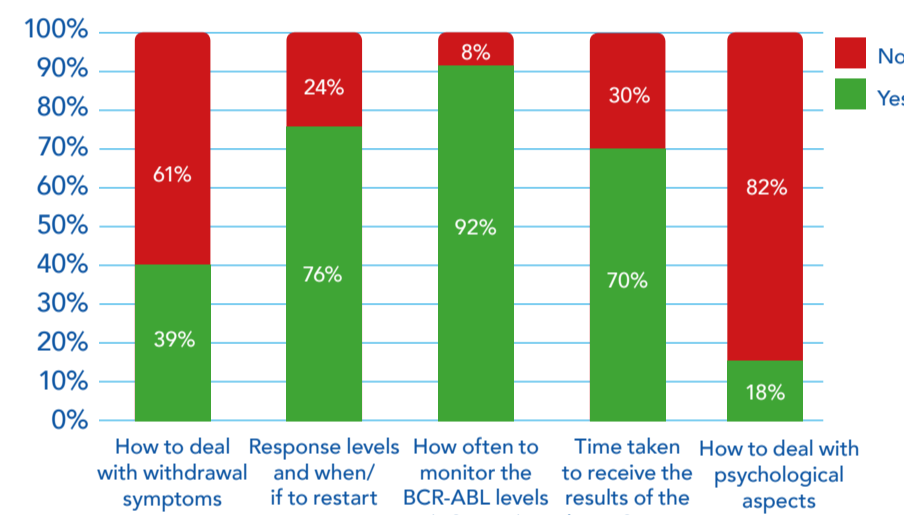


Figure 4. Topics discussed with doctor during Phase II

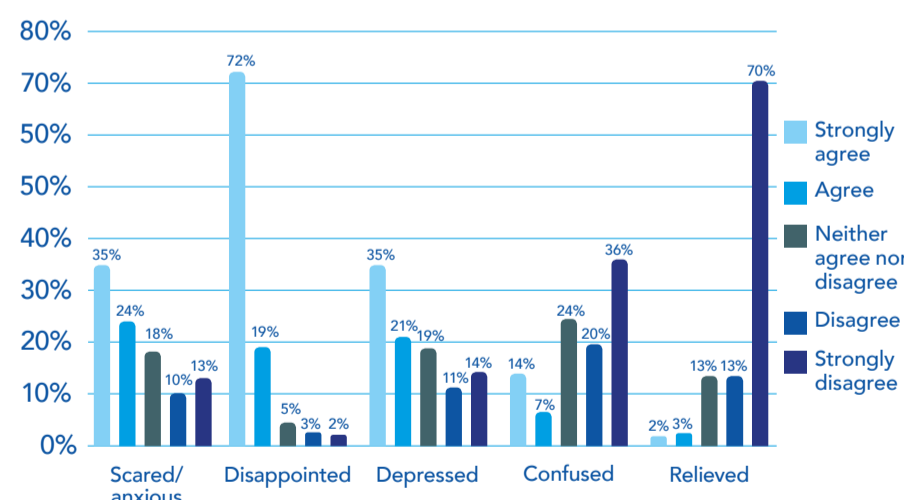


Figure 6. Percentage of respondents' agreement/disagreement that they felt the listed emotions in Phase IIIA

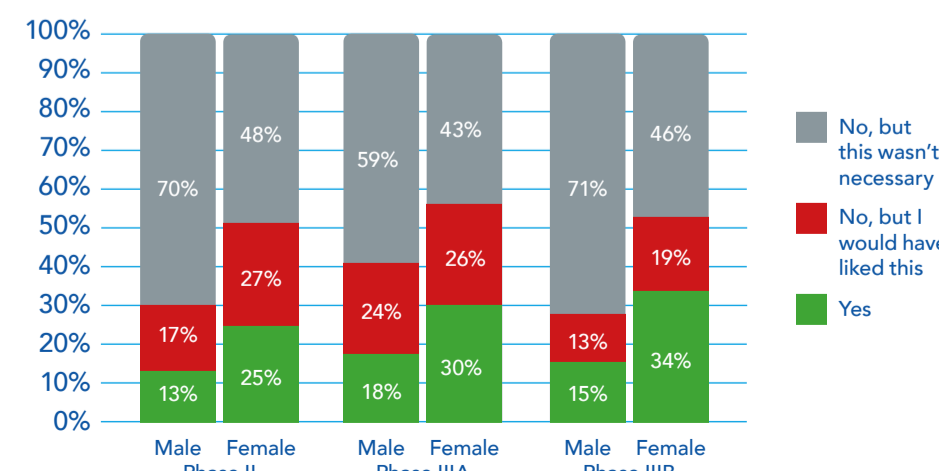


Figure 8. Psychological and/or emotional support received during each Phase

\*All percentages are rounded to the nearest whole number. When added together, the percentages for all answers to a particular question may not total 100% because of this rounding.

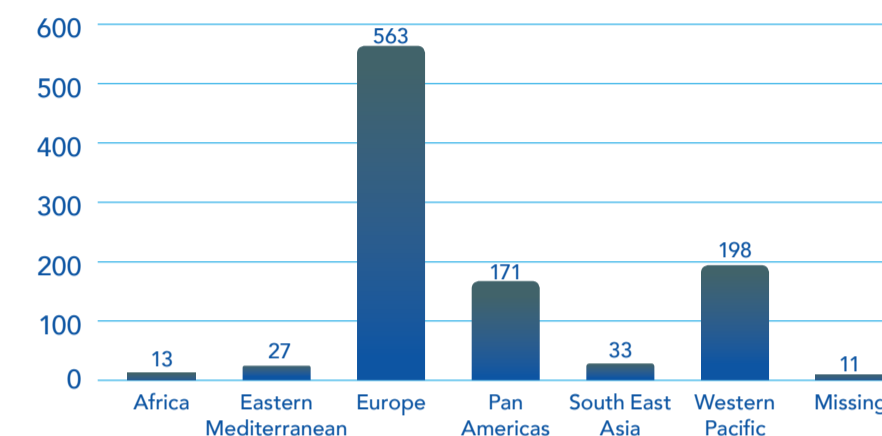


Figure 3. Number of respondents from each World Health Organisation (WHO) region

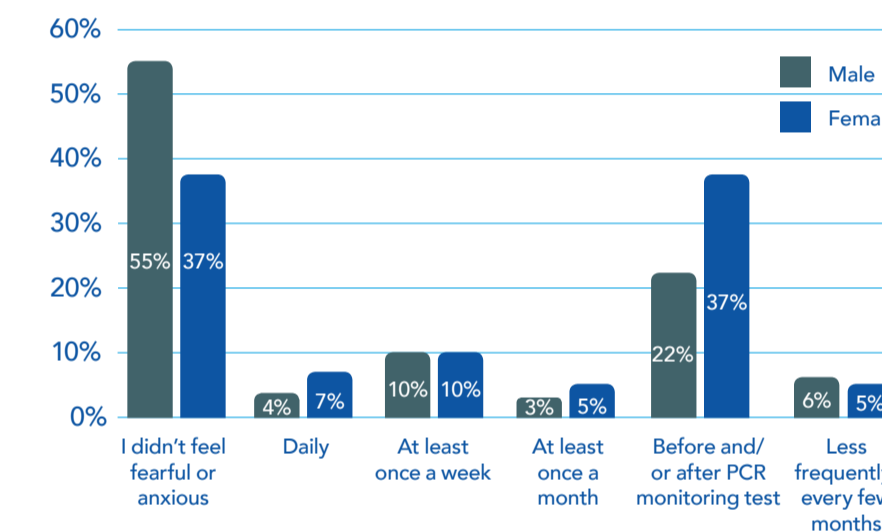


Figure 5. Frequency of fear or anxiety in Phase II

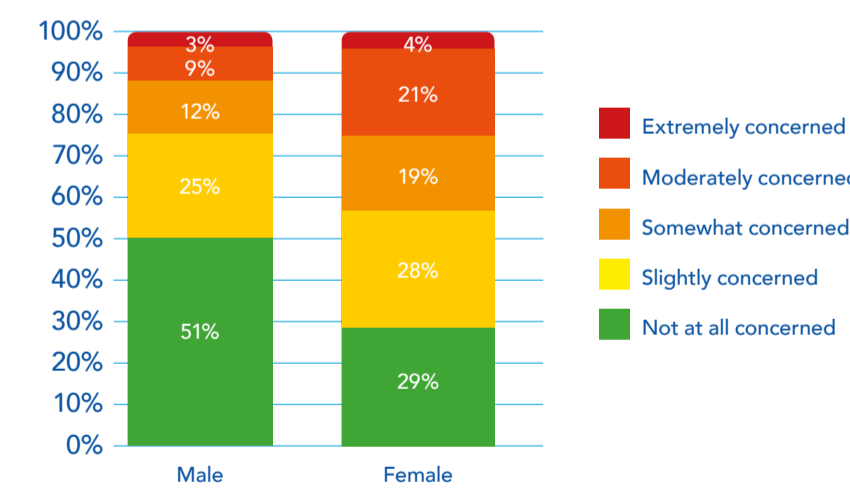


Figure 7. Extent of concern caused by fluctuations in PCR levels during Phase IIIB

## 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

## ACKNOWLEDGEMENTS

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For more information please visit [www.cmladvocates.net/tfr-cml-patients](http://www.cmladvocates.net/tfr-cml-patients) or scan this QR code to download the poster

