

PERCEIVED STRESS, SLEEP QUALITY, AND PHYSICAL QUALITY OF LIFE IN ENDOMETRIAL CANCER PATIENTS

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Purpose: Endometrial cancer is the most common gynecologic cancer and the fourth most common cancer among women. Although it is well documented that individuals with cancer often experience impaired emotional and physical quality of life (QoL), few studies have examined these constructs in women with endometrial cancer. Research has identified perceived stress and poor sleep quality as common experiences among women with cancer. Therefore, the purpose of this study is to explore the relations among stress, sleep quality, and physical QoL in women undergoing total abdominal hysterectomy with bilateral salpingo oophorectomy (TAH-BSO) for suspected primary endometrial cancer. A clear understanding of the relationships among these variables is of interest, in that this may contribute to the formulation of appropriate psychological interventions for endometrial cancer patients.

Method: Forty postmenopausal women undergoing TAH-BSO with or without pelvic lymph node dissection for suspected primary endometrial adenocarcinoma are being recruited for a larger study on psychoneuroimmunologic relations among women with endometrial cancer (PI: Deidre Pereira, Ph.D., Funding Source: American Cancer Society Institutional Research Grant, University of Florida/Shands Cancer Center). The study utilizes an exploratory, descriptive, correlational design. Participants undergo a 2-hour psychosocial interview on the day of their pre-operative visit at the Shands/University of Florida Gynecologic Oncology outpatient clinic. This interview includes the Perceived Stress Scale (PSS; Cohen et al., 1983), the Pittsburgh Sleep Quality Index (PSQI; Buysse et al., 1989), and the Functional Assessment of Cancer Therapy for Endometrial Cancer Patients (FACT-En; Cella, 1997), a measure of emotional, social, physical, and functional quality of life. We are hypothesizing that greater perceived stress and poorer sleep quality will be associated with poorer physical and functional quality of life.

Findings: In progress

Discussion: In progress