

Resilience, health, and quality of life among long-term survivors of hematopoietic cell transplant

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This research explores the connection between patients' self-reported resilience and their well-being after undergoing hematopoietic cell transplantation (HCT). The study surveyed 1,823 adult survivors about their resilience, psychological distress, post-traumatic growth, and quality of life. The study utilized standard information collected during the annual Fred Hutch Long Term Follow-Up survey. 53% of respondents reported current chronic GVHD, and 51% were taking more than 4 prescription medications. 42% reported missing a day of school or work for health reasons in the 3 months prior. Results showed that more severe chronic graft-versus-host disease, lower performance scores, missing work due to health, taking more than 4 medications, and permanent disability were associated with lower resilience. Lower resilience scores were linked to psychological distress, lower mental health and quality of life, and more vulnerability to future stressors.

The study provides valuable insights into understanding and addressing the psychological and health challenges faced by HCT survivors, encouraging a focus on improving patients' resilience. In similar research, patients' self-perceived resilience appears to play a crucial role in health and psychosocial outcomes. Future analyses of the present cohort will determine whether current patient-reported resilience predicts later health and psychosocial outcomes post-HCT. Interventions aimed at enhancing resilience may improve survivorship outcomes and long-term quality of life.