

Final report form

Date of sending out the form:

Tuesday, June 14, 2022

Contact person/applicant:

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Title of the granted project

Multidisciplinary approach for improving sexual health in female cancer survivors

Amount granted by the ESC (in euro)

8750

Project number:

P-2017-A-02

Allocated mentor:

D. Archer

Date project actually started:

Thursday, February 22, 2018

Date of completion:

Saturday, March 13, 2021

Please provide a report of your findings and data.

In March 2021, the last study participant completed the follow-up questionnaires. Although due to the COVID 19 pandemic we were unable to enroll patients from March 2020 until September 2020, thanks to the extension provided we were able to enroll the projected number of female cancer survivors. At 31.03.2021, we had enrolled 159 female cancer survivors, of which 18 decided to withdraw after completing the initial screening tests (significantly more women withdrew after September 2020 possibly due to COVID-19

concerns), 29 were withdrawn from the study due to disease progression and 12 were lost to follow-up (could not be reached for the follow-up visit 6 months after the beginning of the study).

The answers from a total of 104 female participants were computed with respect to items 10, 12, 16 and 26 of the QLACS questionnaire. The Mix ANOVA test was performed, because there were two arms of the trial and two measures taken before and after the intervention in the experimental arm.

Item 10 – You were bothered by being unable to function sexually.

There was a significant interaction between the experimental condition and the changes that occurred in test-retest with respect to the average score for item 10 in all participants $F(1,102) = 37,71, p < 0,01$. The change went in the expected direction, with a stronger decrease in the agreement with the item for females in the experimental condition. In the control arm, mean value for Item 10 was 3.21 at baseline and 4.43 at the six-month follow-up, suggesting an increase in the impact of the patient's inability to function sexually on the quality of life. In the intervention arm, mean value for item 10 was 3.07 at baseline and 2.41 at the six-month follow-up, an improvement that was statistically significant. No statistically significant differences were found between groups in terms of answers to Item 10 at the beginning of the study.

Item 12 – You were dissatisfied with your sex life.

There was a significant interaction between the experimental condition and the changes that occurred in test-retest with respect to the average score for item 12 in all participants $F(1,102) = 10,16; p < 0,01$. The change went in the expected direction, with a stronger decrease in the agreement with the item for females in the experimental condition. In the control arm, mean value for Item 12 was 3.37 at baseline and 3.24 at the six-month follow-up, suggesting the persistence of dissatisfaction with the sex life. In the intervention arm, mean value for item 12 was 3.17 at baseline and 2.09 at the six-month follow-up, an improvement that was statistically significant. No statistically significant differences were found between groups in terms of answers to Item 12 at the beginning of the study.

Item 16 - You lacked interest in sex.

There was a significant interaction between the experimental condition and the changes that occurred in test-retest with respect to the average score for item 16 in all participants $F(1,101) =$

3,29; $p < 0,05$. The change went in the expected direction, with a stronger decrease in the agreement with the item for females in the experimental condition. In the control arm, mean value for Item 16 was 3.88 at baseline and 3.22 at the six-month follow-up, suggesting a slight increase in sexual interest, probably as a consequence of adapting to the cancer diagnosis and experiencing a better quality of life as no relapse occurs and the side-effects slowly disappear. In the intervention arm, mean value for item 16 was 3.73 at baseline and 2.34 at the six-month follow-up, an improvement that was statistically significant. No statistically significant differences were found between groups in terms of answers to Item 16 at the beginning of the study.

Item 26 - You avoided sexual activity.

There was a significant interaction between the experimental condition and the changes that occurred in test-retest with respect to the average score for item 26 in all participants $F(1,102) = 6,53$; $p < 0,05$. The change went in the expected direction, with a stronger decrease in the agreement with the item for females in the experimental condition. In the control arm, mean value for Item 26 was 4.0 at baseline and 4.07 at the six-month follow-up. In the intervention arm, mean value for item 26 was 3.96 at baseline and 2.94 at the six-month follow-up, an improvement that was statistically significant. No statistically significant differences were found between groups in terms of answers to Item 10 at the beginning of the study.

Please provide a final detailed budget on how much you have spent. Was any money not spent? Receipts may be requested.

Until 31.03.2021, we have spent 7.760,63 euro, as per the financial report previously sent.

How will your findings be presented?

Publication in journal

Presentation

Was your paper published? Indicate journal and acceptance date

We are currently writing the manuscript

Presentation – note meeting organisation and date

CONFER meeting - November 2022

Please let us know whether having a mentor has been helpful or not

The issues we have encountered so far did not require outside assistance. As we continue to

write the manuscript, we might need the Mentor's help and, if this is the case, we will ask for it.

Full Name

Teodora Alexa-Stratulat

Date

Monday, June 13, 2022

Questions? ESC Central Office: info@escrh.eu

Type a question

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