

11th Global Dermatologists Congress

November 14-15, 2016 Dubai, UAE



Joseph Sobanko

University of Pennsylvania, USA

Relationship between patients reported quality of life and psychosocial health: Identifying benchmarks for the skin cancer index

Statement of the Problem: The Skin Cancer Index (SCI) is a validated, patient-reported instrument used to measure quality of life (QOL) in skin cancer patients. Currently, the SCI does not have established clinical correlates nor are there validated benchmarks for normal scores. The Hospital Anxiety Depression Scale (HADS) is a validated instrument with previously established cut-offs to measure clinical anxiety and depression and has been used in a variety of diseases including previous studies of patients with skin cancer.

Aim: The objective of this study is to identify the relationship between the SCI and the HADS to create clinically meaningful cut-off scores for the SCI. These data may help to identify skin cancer patients who may benefit from counseling to both prevent and treat psychosocial distress.

Methodology & Theoretical Orientation: Cross-sectional study.

Findings: Analysis included 134 non-metastatic skin cancer patients. The SCI has a moderate inverse linear relationship with the HADS Anxiety subscale score ($r=-0.39$, $p<0.001$). In the ROC curve for the HADS cut-off of $\geq 8/21$, previously established to signify suspicion for clinical anxiety, AUC was 0.6821 (95% CI 0.5750-0.7892). A cut-off score of ≤ 78 for the SCI showed a sensitivity of 84.4% and nearly 4 times greater risk ($p<0.01$, 95% CI 1.50-8.87) of having a HADS Anxiety score of ≥ 8 .

Conclusion & Significance: The SCI can be used as a single instrument screening tool for clinical anxiety, allowing physicians to risk-stratify those patients more likely to have psychosocial distress. In comparison to the HADS, the SCI is shorter in length, thus increasing its practicality and also provides disease specific information about the impact of skin cancer on factors including emotional health, appearance concerns and social interaction.

Biography

Joseph Sobanko is an Assistant Professor and Director of Dermatologic Surgery Education at the Hospital of the University of Pennsylvania. His research supported by the Dermatology Foundation, investigates the relationship between the altered physical appearance from oncologic, reconstructive and aesthetic procedures and the subsequent impact on patient reported outcomes such as quality of life. He is a founding Member and sits on the steering committee of IMPROVED (Measurement of Priority Outcome Variables in Dermatologic Surgery); a nationwide consortium of experts that is developing core outcome sets in dermatologic surgery. He is the primary or senior author on numerous leading scientific articles. He is also Co-Editor of a textbook dedicated to improving surgical safety and reducing occupational exposures (Safety in Office-Based Dermatologic Surgery, Springer Press 2015).

joseph.sobanko@gmail.com