

What is the role of psychological factors in nausea during cancer therapy?

November 13 2015

A study in the current issue of *Psychotherapy and Psychosomatics* sheds new light on the relationship between psychological factors and nausea and vomiting during chemotherapy of cancer.

Chemotherapy-induced [nausea](#) and vomiting (CINV) continue to be a distressing problem still reported by [cancer patients](#), with [negative consequences](#) on quality of life (QoL). The Authors aimed to prospectively explore the association of psychosocial variables, including [emotional distress](#), maladaptive coping styles and the doctor-patient relationship, with CINV and QoL among cancer outpatients. A prospective study was conducted on 302 consecutive cancer patients (response rate 80.9%) in Austria, Italy and Spain.

The Distress Thermometer (DT), the Mini-Mental Adjustment to Cancer (Mini-MAC), and the Patient Satisfaction with Doctor Questionnaire (PSQ) were used to assess psychosocial variables before chemotherapy. In the 5 days after chemotherapy, CINV was examined by using a daily diary, and the Functional Living Index for Emesis (FLIE) was used to assess QoL. Results show that more than half of the patients reported nausea (54%), and a small percentage reported vomiting (14%). CINV had a negative impact on QoL (FLIE caseness, p

The Authors concluded that screening and assessment of psychological variables, especially coping, could help in identifying cancer patients at risk for chemotherapy-induced nausea, in spite of the use of antiemetic treatment.

More information: Luigi Grassi et al. Role of Psychosocial Variables on Chemotherapy-Induced Nausea and Vomiting and Health-Related Quality of Life among Cancer Patients: A European Study, *Psychotherapy and Psychosomatics* (2015). [DOI: 10.1159/000431256](https://doi.org/10.1159/000431256)

Provided by Journal of Psychotherapy and Psychosomatics

Citation: What is the role of psychological factors in nausea during cancer therapy? (2015, November 13) retrieved 21 May 2024 from <https://medicalxpress.com/news/2015-11-role-psychological-factors-nausea-cancer.html>

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