

How common is fear of cancer recurrence in survivors and patients?

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A recent analysis of published studies found that more than half (59%) of cancer survivors and patients experience at least a moderate level of fear of cancer recurrence and that about one in five (19%) have a high level of fear.

The analysis, which is published by Wiley in *Psycho-Oncology*, included 46 studies from 13 countries. Investigators found similar fear of cancer recurrence rates in survivors and [patients](#). On average, [younger people](#) and women experienced more fear of cancer recurrence.

Additional research is needed to not only identify which patients desire support to address their fear of cancer recurrence but also to determine how to tailor interventions to different levels of fear and to individual needs and preferences.

"Knowing the prevalence and severity of fear of cancer recurrence for the general cancer population and for different subgroups is an important development, because it is essential for shaping healthcare provision, policy, and research on fear of cancer recurrence," said lead author Yvonne Luijckes-Huizer, a Ph.D. candidate at the Helen Dowling Institute and the University Medical Centre Utrecht, in the Netherlands.

More information: What is the prevalence of fear of cancer recurrence in cancer survivors and patients? A systematic review and individual participant data meta-analysis, *Psycho-Oncology* (2022). [DOI: 10.1002/pon.5921](https://doi.org/10.1002/pon.5921)

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