

Study examines QoL, depression after CAR-T for hematologic malignancy

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For adults with hematologic malignancies receiving chimeric antigen

receptor T-cell (CAR-T) therapy, quality of life (QoL) deteriorates and physical and psychological symptoms worsen one week after infusion and then improve by six months postinfusion, according to a study published recently in *Blood Advances*.

Patrick Connor Johnson, M.D., from Massachusetts General Hospital in Boston, and colleagues examined QoL, [psychological distress](#), and [physical symptoms](#) at baseline, one week, one month, three months, and six months after CAR-T infusion among adults with [hematologic malignancies](#). A total of 100 patients were enrolled between April 2019 and November 2021.

The researchers found that by one week, there was a worsening in QoL and [depression symptoms](#), followed by improvement by six months after CAR-T therapy. Clinically significant depression, anxiety, and posttraumatic stress disorder symptoms were reported by 18, 22, and 22 percent of patients, respectively, at six months. Fifty-two percent of patients noted severe physical symptoms at one week, which declined to 28 percent at six months post-CAR-T therapy. In unadjusted models, associations with a higher QoL trajectory were seen for worse Eastern Cooperative Oncology Group performance, receipt of tocilizumab, and receipt of corticosteroids for cytokine release syndrome and/or immune effector cell-associated neurotoxicity syndrome.

"Here we show significant improvements in quality of life among patients with an array of blood cancer diagnoses, receiving a variety of CAR-T products," Johnson said in a statement. "However, we also identify a distinct subset of patients who have persistent physical and psychological symptom burden, even at the six-month post-CAR-T time point."

Several authors disclosed pharmaceutical industry ties.

More information: Patrick Connor Johnson et al, Longitudinal Patient-Reported Outcomes in Patients Receiving Chimeric Antigen Receptor (CAR) T-Cell Therapy, *Blood* (2022). [DOI: 10.1182/blood-2022-163194](https://doi.org/10.1182/blood-2022-163194)

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