

# Utilization of Mental Health and Supportive Care Resources Among Patients with Desmoid Tumors

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## BACKGROUND

- Desmoid tumors (DTs) often affect young adults during an active and productive portion of their lives.<sup>1</sup>
- High levels of emotional distress have been reported in patients (pts) with DTs, whether they are undergoing systemic therapy or participating in expectant management.<sup>2</sup>
- Pts with DTs often struggle to understand their disease and its unpredictable course, leading to difficulty garnering the social support network often seen in pts with cancers.<sup>3</sup>
- Despite knowledge of these psychosocial concerns, the utilization of mental health and supportive care (SC) resources among DT pts is not well-characterized.

## METHODS

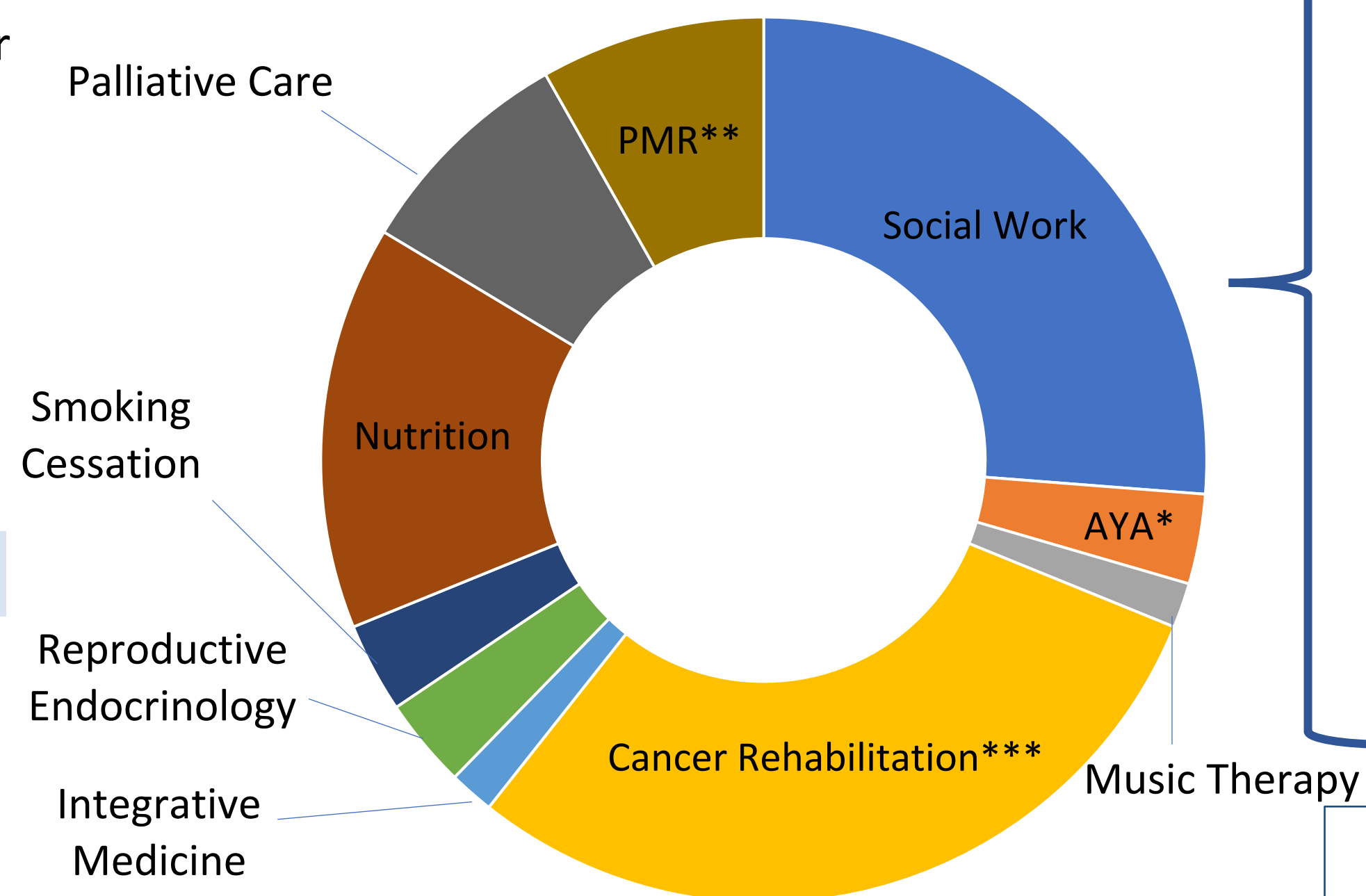
- Retrospective chart review of pts with DTs seen from 2005-2023 at a single institution with a biopsy-proven DT and ≥ 1 year of follow-up. 110 patients were identified.

## DEMOGRAPHICS

	N = 110	Pts with SC referral
<b>Age – Median (range)</b>	41 (14-76)	
<b>Gender - No. (%)</b>		
Female	74 (67%)	39 (51%)
Male	36 (33%)	10 (28%)
<b>Race – No. (%)</b>		
Caucasian	93 (84.5%)	40 (43%)
Black	5 (4.5%)	3 (60%)
Hispanic	5 (4.5%)	4 (80%)
Arabic	5 (4.5%)	2 (40%)
Asian	2 (2%)	0 (0%)
<b>FAP Status – No. (%)</b>		
Yes	10 (9%)	6 (60%)
No	100 (91%)	43 (43%)
<b>Location – No. (%)</b>		
Intra-abdominal	46 (42%)	16 (35%)
Extra-abdominal	64 (58%)	33 (52%)
<b>Type of Therapy (any time) – No. (%)</b>		
Surgery	34 (31%)	
Cryoablation	10 (9%)	
Radiation therapy	11 (10%)	
Systemic therapy	84 (76%)	

## RESULTS

Mental Health & Supportive Care Referrals (49 patients receiving 60 total referrals)

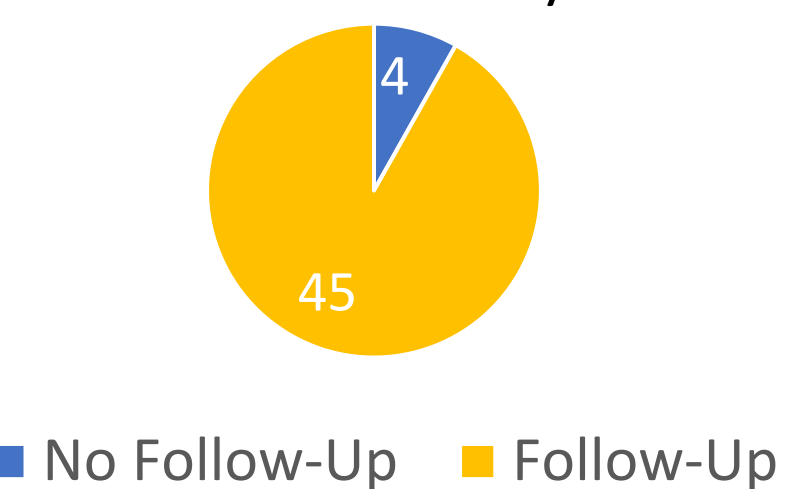


\*AYA: Adolescent and Young Adult Group  
 \*\*PMR: Physical Medicine and Rehabilitation, general referral  
 \*\*\*Cancer Rehabilitation: Subdivision of PMR with cancer rehabilitation specialists including physical and occupational therapists with specific cancer expertise

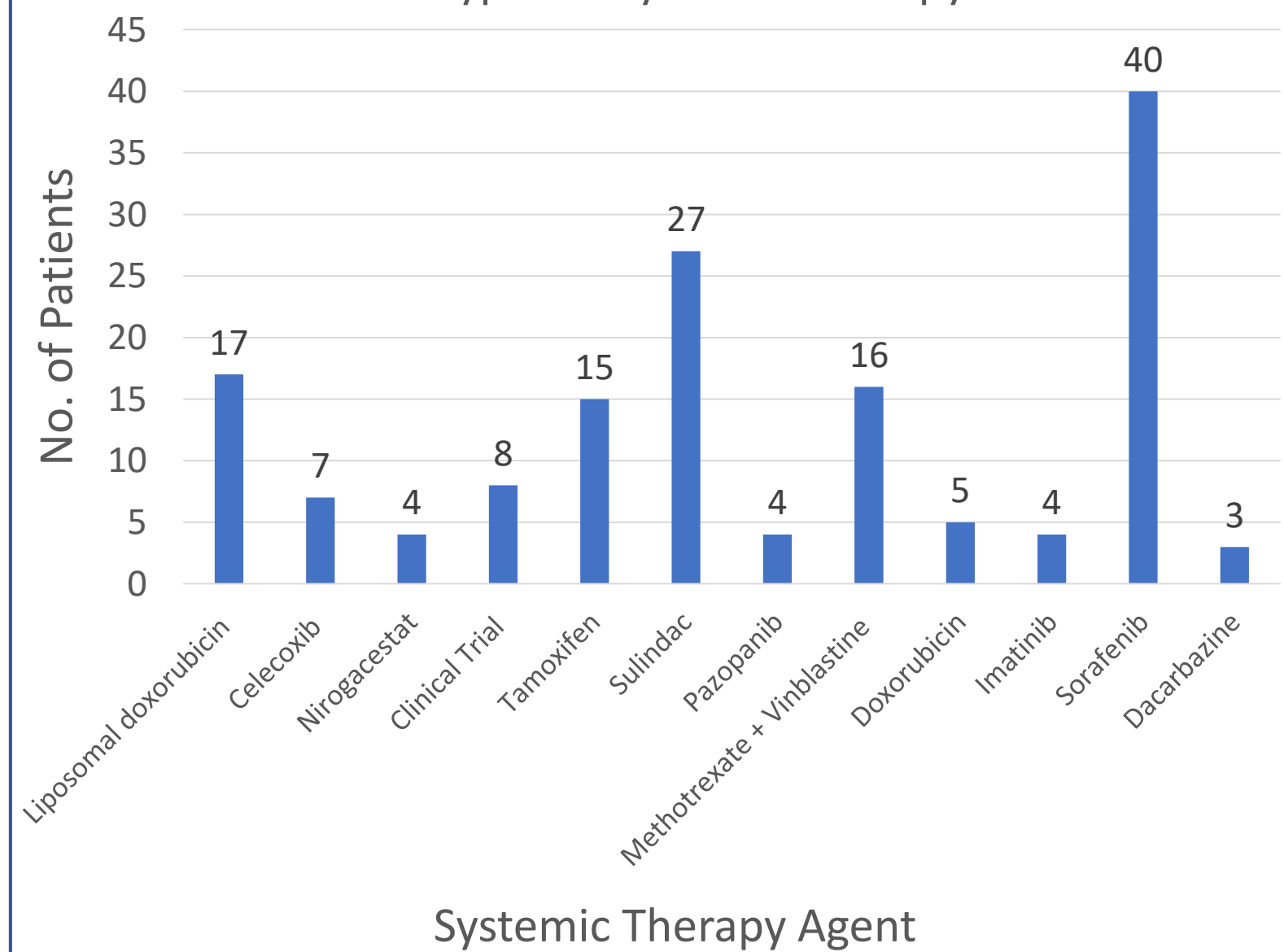
Other Cancer Center Services Available (Not Utilized)



Referrals Pursued by Patients



Types of Systemic Therapy



	Referral (N)	Odds Ratio
Female	39	OR 2.89
Male	10	95% CI 1.22-6.85
Age 15-39	29	OR 1.07
Age ≥ 40	20	95% CI 0.50-2.31
Systemic therapy	41	OR 2.14
		95% CI 0.80-5.47
No systemic therapy	8	
Abdominal DT	16	OR 0.50
Extremity DT	33	95% CI 0.23-1.09

## CONCLUSIONS

- Nearly half of pts with DTs were referred to mental health and SC services, more often in female pts and perhaps for those receiving systemic therapy while less often in those with intra-abdominal tumors.
  - Extremity tumors impacting ability to work, carry out daily activities (PMR, cancer rehabilitation)
- More referrals were made to specialties that focus on physical symptoms (compared to mental health services)
  - Such symptoms may be better recognized when compared to symptoms of emotional or psychological distress.
- High rate of follow-up with referrals implies that pts with DTs are motivated to seek such services when offered.

## FUTURE DIRECTIONS

- Pts with DTs receiving care at a cancer center may have unique supportive care needs and may benefit from disease-specific resources, particularly those that address mental health.
- This study will provide the rationale for incorporating available desmoid-specific mental health resources into a group-based series led by an expert clinician to be explored in a feasibility pilot study.

## REFERENCES

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- Ingle K, Klein R, et al. High prevalence of persistent emotional distress in desmoid tumor. *Psycho-Oncology*. 2019; 29: 311-320
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