



Deposited via The University of Leeds.

White Rose Research Online URL for this paper:

<https://eprints.whiterose.ac.uk/id/eprint/139662/>

Version: Accepted Version

Proceedings Paper:

Chittem, M, Beeken, R and Pongener, M (2018) "If we have information we can be prepared to face it": Indian cancer patients' experiences of help-seeking. In: Psycho-Oncology. 20th World Congress of Psycho-Oncology, 29 Oct - 02 Nov 2018, Hong Kong. Wiley. Article no: Poster 532, p. 135. ISSN: 1057-9249. EISSN: 1099-1611.

<https://doi.org/10.1002/pon.4878>

© 2018 The Authors. Psycho-Oncology © 2018 John Wiley & Sons, Ltd. This is the peer reviewed version of the following poster abstract, Chittem, M, Beeken, R and Pongener, M (2018) "If we have information we can be prepared to face it": Indian cancer patients' experiences of help-seeking. In: Psycho-Oncology. 20th World Congress of Psycho-Oncology, 29 Oct - 02 Nov 2018, Hong Kong. Wiley, p. 135. which has been published in final form at <https://doi.org/10.1002/pon.4878>. This abstract may be used for non-commercial purposes in accordance with Wiley Terms and Conditions for Use of Self-Archived Versions.

Reuse

Items deposited in White Rose Research Online are protected by copyright, with all rights reserved unless indicated otherwise. They may be downloaded and/or printed for private study, or other acts as permitted by national copyright laws. The publisher or other rights holders may allow further reproduction and re-use of the full text version. This is indicated by the licence information on the White Rose Research Online record for the item.

Takedown

If you consider content in White Rose Research Online to be in breach of UK law, please notify us by emailing eprints@whiterose.ac.uk including the URL of the record and the reason for the withdrawal request.

“If we have information we can be prepared to face it”: Indian cancer patients’ experiences of help-seeking.

Background: Psycho-oncology research has explored help-seeking behaviours mainly through the lens of diagnosis and treatment, i.e., medical help-seeking. However, patients also engage in help-seeking efforts with regard to their information and supportive care needs. This study explores these needs and help-seeking experiences among Indian cancer patients.

Method: Indian patients (n=11; 5 women and 6 men) participated in semi-structured interviews. Participants mean age was 42.8 years and time since diagnosis varied from 3 months (n=3), 6 months (n=3), 1 year (n=2) and more than 1 year (n=3). Interviews were transcribed and analysed using Interpretative Phenomenological Analysis.

Results: Three superordinate themes emerged: (i) clear supportive care needs post-diagnosis to manage the psychosocial consequences of cancer diagnosis and treatment (ii) seeking and receiving help from both healthcare professionals and family members to meet these needs post-diagnosis and (iii) an unmet need for better information about the causes of cancer, diagnosis, and treatment effects.

Conclusions: Indian cancer patients were able to identify their psychosocial needs after diagnosis and described how both their oncologist and family met these needs. However, patients also described how their information needs were not met, and reported inaccurate beliefs about the causes and consequences of cancer, delays in diagnoses, and confusion and distress during treatment. These findings indicate that there is a need for better information provision across the cancer continuum to improve patient care. Research implications include developing and testing interventions focussed on cancer-related knowledge-sharing (e.g., psychoeducation) in India.