

P59 Comparing PROMIS tools and FACT-G in a randomized digital health coaching trial of cancer survivors

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Objective: Cancer survivorship is multifaceted with survivors living longer due to treatment advancements. Lifestyle factors play a critical role in survivors' quality of life. The Comprehensive Outcomes for After Cancer Health (COACH) Study (NCT05349227) is a multi-center trial assessing the feasibility of a 12-week digital health coaching (texts, email, and phone) intervention on lifestyle factors for individuals within one year of primary treatment completion. The objective of this analysis was to compare the performance of three Patient-Reported Outcomes Measurement Information System[®] (PROMIS) tools to Functional Assessment of Cancer Therapy – General (FACT-G) sub-scales in a primarily Midwestern sample of breast cancer (BC) survivors to influence future measure selection.

Methods: PROMIS tools were scored using the online health measures software. Baseline, 3- and 6-month data from one site were analyzed using descriptive statistics, and t-tests for 3- and 6-month change scores. Relationships between clinical variables from the PROMIS Emotional Distress- Anxiety (v1.0 SF 8a), Emotional Distress- Depression (v1.0 SF 8a), Physical Function (v2.0 SF 10a) and FACT-G (Version 4) Functional (FWB) and Emotional Wellbeing (EWB) sub-scales were explored.

Results: The 98 BC survivors were primarily non-Hispanic (n=97, 99.0%) and White (n=91, 92.9%) with a mean age of 54.7 years (SD 11.3). PROMIS physical function and FACT-G FWB change scores were positively correlated at baseline ($r=.595$, $p<.001$), 3- and 6-months ($r=.267$, $p=.018$; $r=.424$, $p<.001$, respectively). Significant inverse correlations were noted between T scores of PROMIS depression and FACT-G EWB at baseline ($r= -.551$, $p<.001$), 3 months ($r= -.278$, $p=.012$), and 6 months ($r= -.466$, $p<.001$) and PROMIS anxiety and FACT-G EWB at baseline ($r= -.747$, $p<.001$), 3- and 6-months ($r= -.235$, $p=.036$; $r= -.529$, $p<.001$, respectively).

Conclusions: In this sample of BC survivors engaged in a digital health coaching trial, significant correlations were identified between mean T-scores of the PROMIS Anxiety and Depression and FACT-G EWB sub-scale as well as between the PROMIS Physical Function and FACT-G FWB sub-scale. Findings suggest that the FACT-G may not be a required measure when PROMIS tools are used to assess these domains in BC survivorship research.