

P2.285: A descriptive study of quality of life and coping strategies in persons with recently diagnosed advanced lung cancer

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INTRODUCTION

- ENABLE SG** (Educate, Nurture, Advise, Before Life Ends-Singapore) is a coaching-based palliative care intervention for persons with newly diagnosed advanced malignancies.



ENABLE Study Protocol

- This poster reports baseline data from the ENABLE SG trial, specifically **coping styles and quality of life (QoL)** among persons with newly diagnosed advanced lung cancer, and examines differences by gender and marital status as well as association between coping strategies and QoL.

METHODS

Study recruitment:

- From 23 December 2023 to 31 January 2025 at a tertiary cancer centre in Singapore.
- Persons informed of an advanced lung cancer diagnosis within the preceding 60 days.

Outcome measures:

- Two validated self-report instruments were administered.
- Coping (Brief COPE), 28 item tool covering 14 adaptive and maladaptive coping domains.
- Quality of life (FACIT-PAL), evaluating physical, emotional, social, functional, and palliative specific concerns.

Data Analysis:

Baseline questionnaire data were analysed descriptively, and associations were examined using t-test, Mann U Whitney test and Spearman's rank correlation.

RESULTS

- 45 persons with newly diagnosed advanced lung cancer completed baseline questionnaires.
- Overall QoL and coping strategies were similar by gender and marital status.
- Maladaptive coping showed a moderate, significant negative correlation with QoL ($\rho = -0.496$, $p < 0.001$).
- Problem-focused and emotion-focused coping were not significantly associated with QoL.

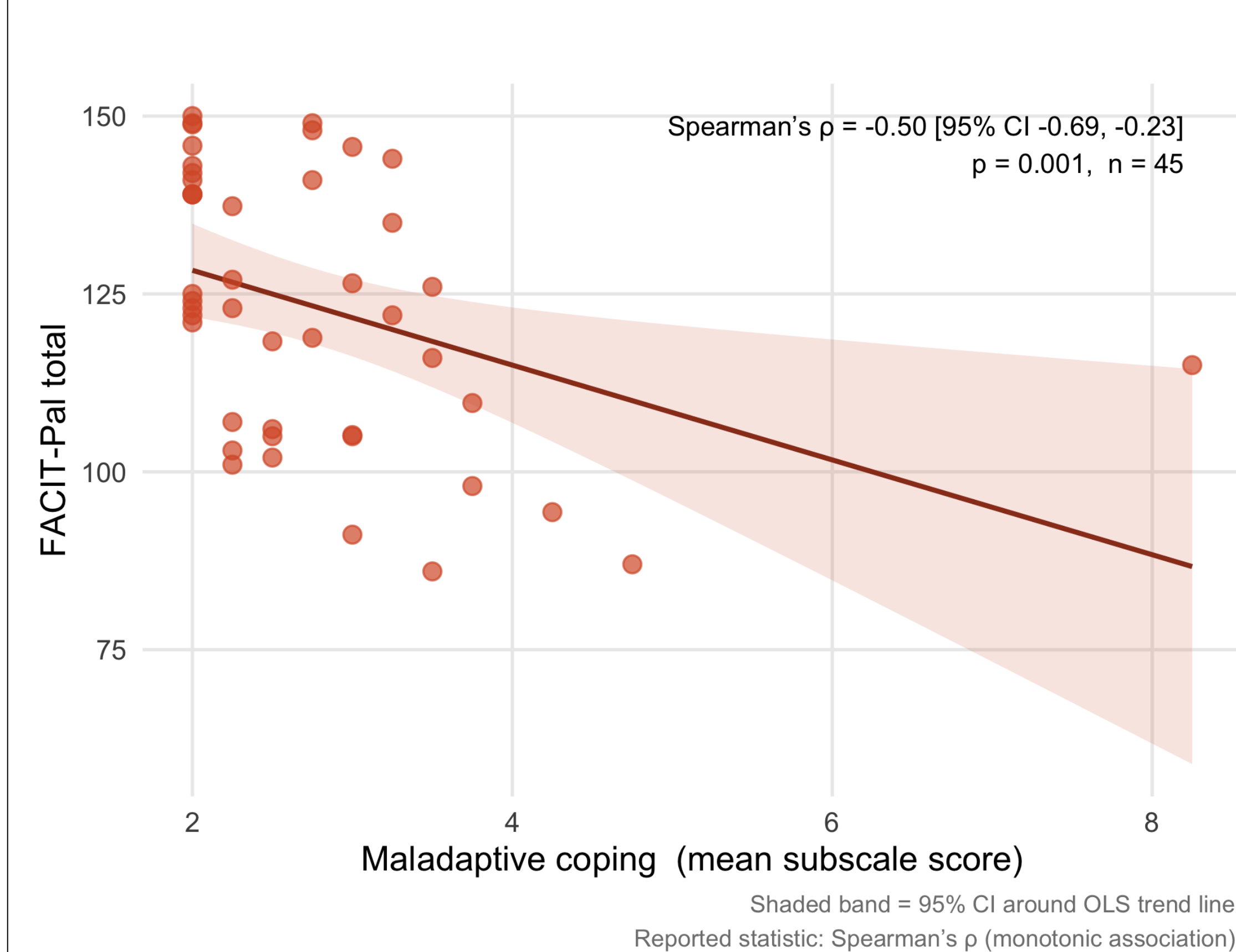


Fig 1. Higher maladaptive coping scores at diagnosis are associated with lower baseline QoL ($\rho = -0.496$, $p < 0.001$).

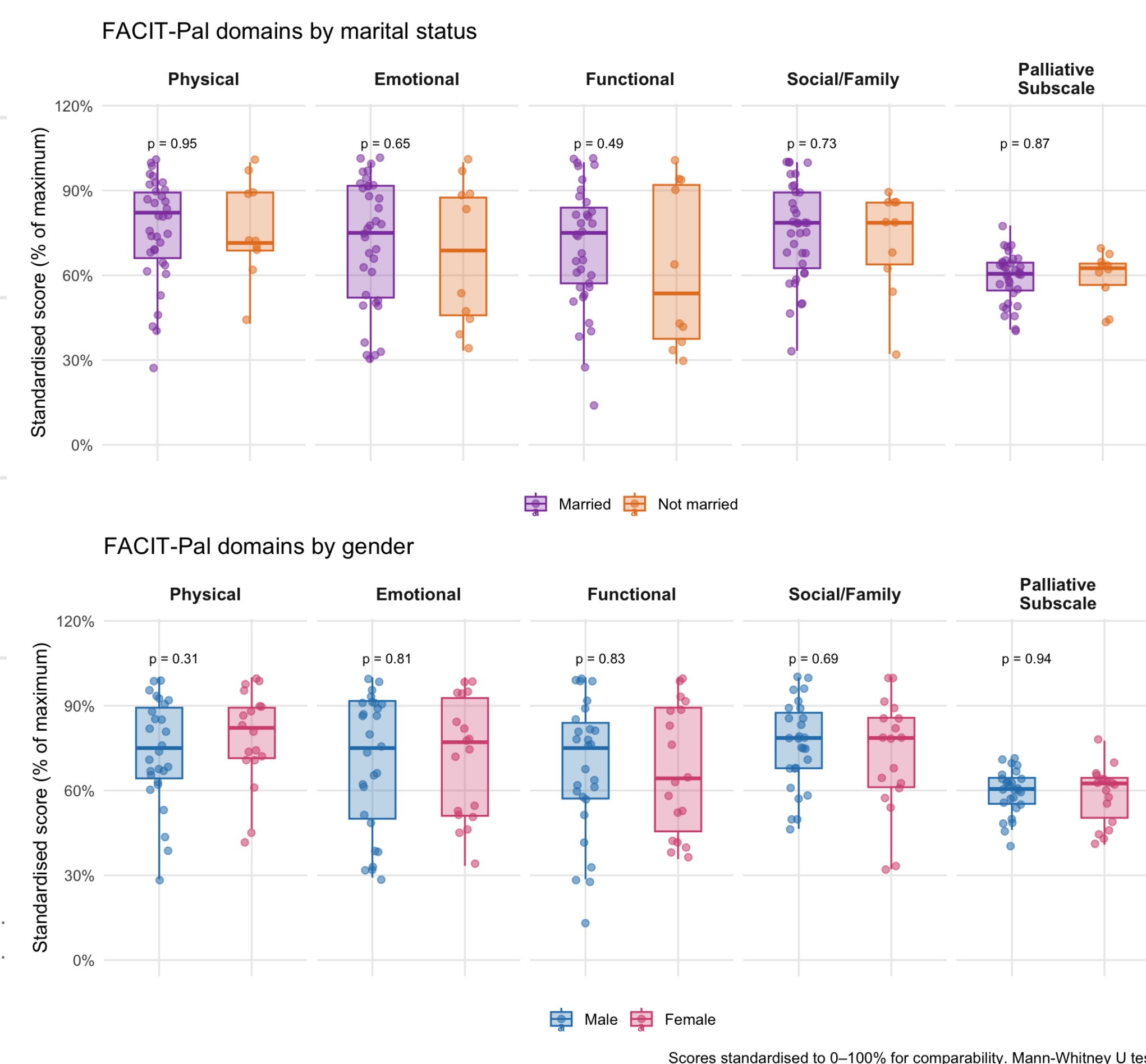


Fig 2. No significant differences in Quality of Life were observed by gender or marital status.

Table 1. Demographic characteristics (n = 45)

Age (years)	
Mean (SD)	65.2 (10.4)
Median (IQR)	65 (13)
Range	38 – 86
Gender	
Male	27 (60.0%)
Female	18 (40.0%)
Race	
Chinese	41 (91.1%)
Malay	1 (2.2%)
Indian	3 (6.7%)
Marital Status	
Single	2 (4.4%)
Married	35 (77.8%)
Divorced / Separated	3 (6.7%)
Widowed	5 (11.1%)

Table 2. Brief-COPE by Coping style

Domains	Mean (SD)	Median (IQR)
Problem-focused (active coping, planning, positive reframing, instrumental support)	5.48 (1.59)	5.50 (2.75)
Emotion-focused (emotional support, acceptance, religion, humour, venting, self-distraction)	5.14 (1.33)	5.17 (1.83)
Maladaptive coping (denial, behavioural disengagement, substance abuse, self-blame)	2.77 (1.08)	2.50 (1.00)

Table 3. Brief-COPE association with FACIT-pal (Spearman's)

Domains	rho	p
Problem-focused	0.218	0.150
Emotion-focused	-0.085	0.578
Maladaptive coping	-0.496	0.001*

* $p < 0.05$

DISCUSSION AND CONCLUSION

Actionable Take Away Message

- Maladaptive coping is significantly associated with poorer quality of life in persons newly diagnosed with advanced lung cancer, independent of gender or marital status.
- Early screening for maladaptive coping at diagnosis** should be integrated into routine oncology and palliative care practice, enabling timely psychological support for newly diagnosed advanced lung cancer patients.

Future Direction for Research

- Longitudinal follow-up of this cohort** will determine whether the ENABLE SG coaching intervention reduces maladaptive coping and improves QoL over time.
- Further analysis of specific maladaptive coping domains will help refine intervention content and targeting.

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