

Lung Cancer and Mental Health: A European Perspective

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INTRODUCTION

Lung Cancer Europe is an independent non-profit organisation advocating for equitable, high-quality care for people affected by lung cancer. The Lung Cancer Europe 10th Annual Report explored the psychological impact of lung cancer to better understand the experiences of people affected across Europe. Subsequent analyses informed the development of the 11th Annual Report.



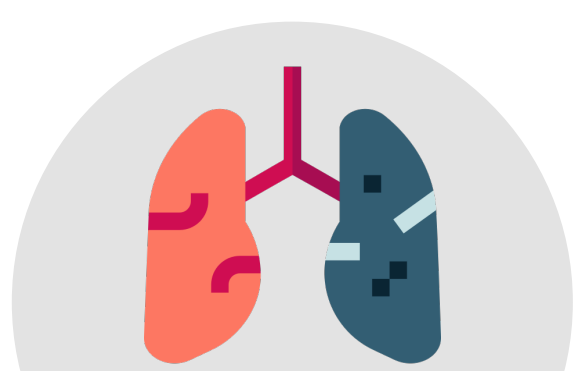
RESULTS

2,204 participants completed the survey: **1,709** people living with lung cancer (**77.5%**) and **495** caregivers (**22.5%**), across **31** countries. **70.4%** reported non-small cell lung cancer adenocarcinoma; **58.2%** reported positive status for at least 1 biomarker.

SURVEY
COMPLETION:
2,204
PARTICIPANTS



FROM
31
EUROPEAN
COUNTRIES



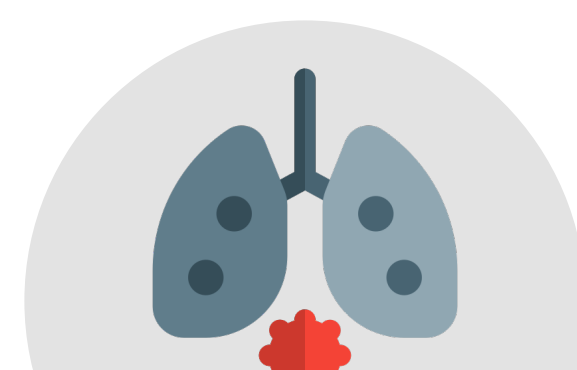
1,709

OR 77.5% OF
PATRICIPANTS LIVING
WITH LUNG CANCER



495

OR 22.5%
CAREGIVERS



70.4%

REPORTED NON-SMALL
CELL LUNG CANCER
ADENOCARCINOMA



58.2%

REPORTED POSITIVE
STATUS FOR AT LEAST
1 BIOMARKER

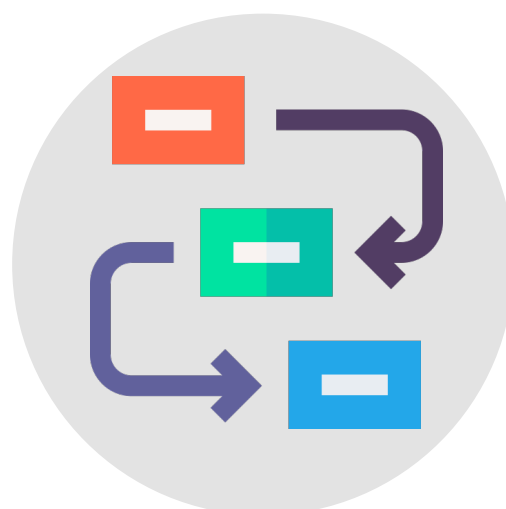
60.1%

of participants rated
their current mental
health as **good**



30.0%

of participants rated their
mental health positively
when they considered the
impact of lung cancer



METHODS

A structured literature review informed survey development. A 46-item (43 closed; 3 optional open questions) self-completion questionnaire was translated into 19 languages. The online survey, hosted on SurveyMonkey®, was disseminated via Lung Cancer Europe and member organisation communication channels from 28/05/2025–06/07/2025.

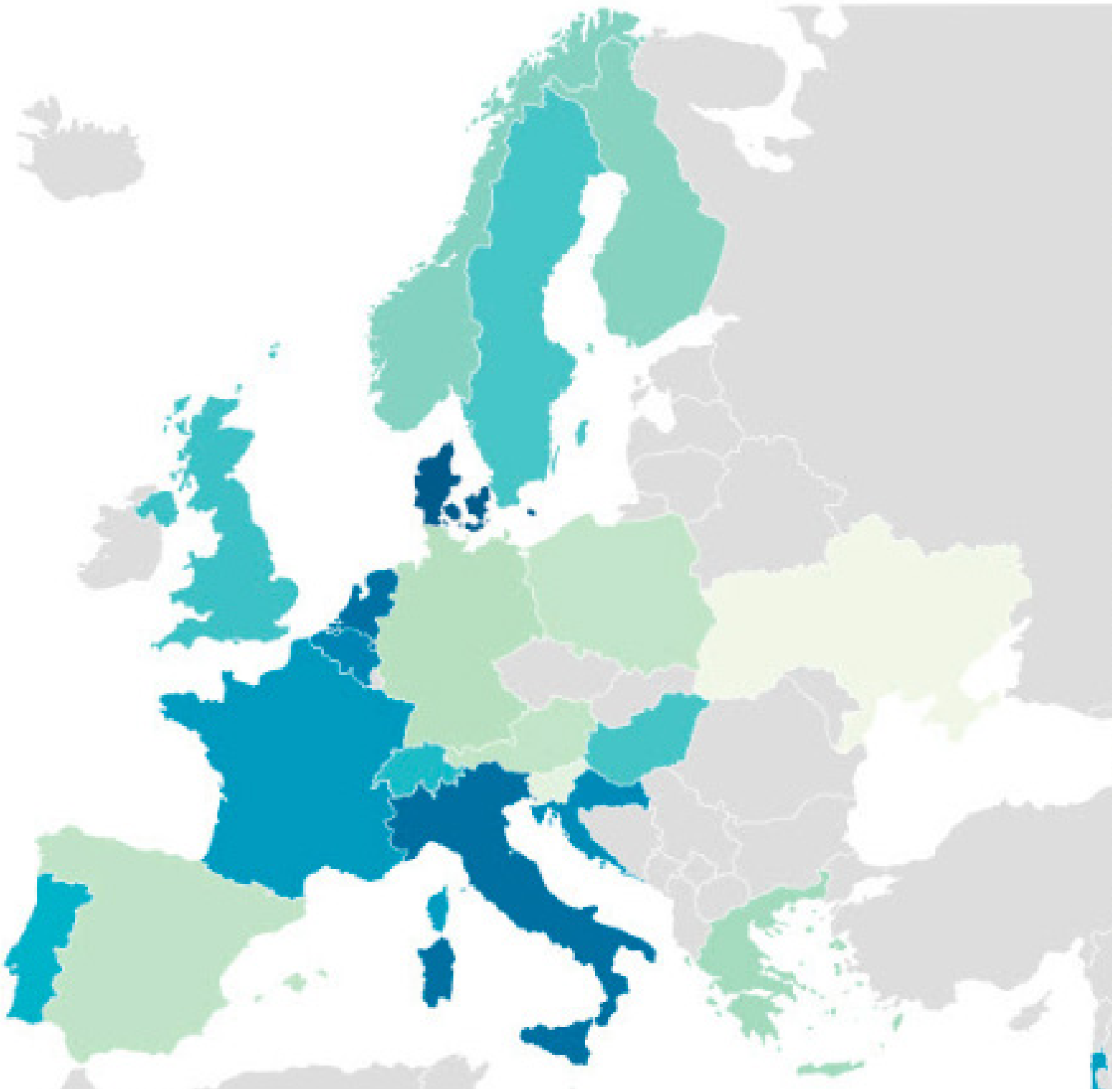
While the majority of participants rated their current mental health as good, positive ratings halved when they considered the impact of lung cancer on their mental health. Gaps in formal emotional support across Europe overall were substantial (**Table 1**).

Sub-analysis of this psychological impact (11th Report) across participants in 21 countries (n=2139) found it to be predominantly negative, with a mean score of 4.9 on a 1–10 scale (1=very negative; 10=very positive) (Figure 1). Overall, participants in several Western and Northern European countries reported a significantly smaller negative impact of lung cancer on their mental health compared with participants in parts of Southern and Eastern Europe.

TABLE 1: ACCESS TO MENTAL HEALTH SUPPORT

	All participants (%)	People with lung cancer (%)	Caregivers (%)
Question: As part of your care pathway, were you offered any mental health support in relation to your lung cancer diagnosis? (Select all that apply)			
Yes, at the time of diagnosis (n=629)	28.7	30.4	22.8
Yes, while receiving treatment (n=610)	27.8	29.2	23
Yes, after the treatment (n=156)	7.1	7.1	7.3
No, but I sought this out myself (n=423)	19.3	19.3	19.3
No (n=685)	31.2	27.9	42.9
Question: Have you ever been referred to patient organisations or non-profit organisations by a healthcare provider? (Select all that apply)			
Yes, at the time of diagnosis (n=385)	17.5	18.2	15.4
Yes, while receiving treatment (n=438)	20	21.6	14.2
Yes, after the treatment (n=112)	5.1	4.9	5.9
No, but I sought this out myself (n=624)	28.4	29.7	24.1
No (n=822)	37.4	34	49.2
Question: Do you feel your healthcare team has given you appropriate emotional support to help you manage the disease?			
Yes, completely (n=480)	24	25.2	19.4
Yes, but only to some extent (n=600)	30	31.7	23.5
No, but I would like support (n=207)	10.4	9.6	13.1
No, I had to find support myself (n=421)	21.1	20.5	23.3
No, but this is not necessary (n=198)	9.9	9.7	10.7
Don't know / not sure (n=92)	4.6	3.2	10

FIGURE 1: SELF-RATED IMPACT OF LUNG CANCER ON MENTAL HEALTH ACROSS EUROPE



Note: Only countries with five or more survey participants were included in this analysis (n=21). All statistical analyses have been adjusted to account for uneven sample sizes across regions. Participants rated their mental health on a 1–10 scale (1=very negative; 10=very positive); lighter green colours in the figure indicate a more negative perceived impact on mental health, while darker blue indicates a more positive perceived impact.



CONCLUSION

Survey findings highlighted variation across lung cancer types, biomarker status and individual countries in the psychological burden of lung cancer across Europe, exposing significant unmet emotional needs.

- **Mental health support must be integral to lung cancer care.**
- **Healthcare professionals must identify distress, communicate clearly, and equip people to manage both symptoms and mental well-being.**