

Survey Results – Anxiety

A 2016 survey developed and conducted by Us TOO International and CancerCare generated data from 633 respondents, of which 537 (85%) were prostate cancer survivors. While the data is not statistically significant, it provides valuable insight into the need for additional educational resources and importance of support services for the prostate cancer community.

The vast majority of survey respondents (92%) were “very confident” or “somewhat confident” in being able to accurately identify symptoms of anxiety. However, less than 62% correctly identified all of the symptoms.

People who have been diagnosed with anxiety disorders by a medical or mental health professional frequently have intense, excessive and persistent worry and fear about everyday situations. Often, anxiety disorders involve repeated episodes of sudden feelings of intense anxiety and fear or terror that reach a peak within minutes (panic attacks).

Survey results indicate that:

- Since being impacted by prostate cancer, 11% of survey respondents had been diagnosed with an anxiety disorder
- 97% were able to effectively manage these symptoms to lessen their impact
- 40% of respondents got support from a healthcare professional
- 52% would seek support from a healthcare professional if they experienced symptoms of anxiety or depression