

Survey Results – Depression

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.

Eight out of ten respondents (80%) were “very confident” or “somewhat confident” in being able to accurately identify symptoms of depression, which include all of the following:

- Sleeping more or less than usual
- Loss of interest in favorite activities
- Increase in energy
- Change in appetite
- Irritability or impatience
- Trouble concentrating, making decisions

However, only 34% correctly identified all of the above symptoms of depression; with only 2% recognizing that an increase in energy can be a symptom of depression, as can a decrease in energy.

Nearly one-fifth (18%) of survey respondents had been diagnosed with depression.

Additional symptoms of a major depressive episode may include:

- Persistent sad, anxious or "empty" mood
- Feelings of hopelessness, pessimism
- Feelings of guilt, worthlessness, helplessness
- Loss of interest or pleasure in hobbies and activities, including sex
- Difficulty concentrating, remembering, making decisions
- Thoughts of death or suicide, suicide attempts
- Restlessness, irritability
- Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders and pain for which no other cause can be diagnosed.