

Poster

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Poster 37

[P-37-05] Longitudinal Changes in Quality of Life and Posttraumatic Growth Among Colorectal Cancer Patients: A One-Year Prospective Study in Taiwan

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Keywords : Colorectal cancer, Quality of life, Posttraumatic growth, Type D personality, Psychosocial factors

Background: Colorectal cancer significantly disrupts patients' lives, especially during the first year post-surgery. While quality of life (QoL) may improve over time, the dynamics of posttraumatic growth (PTG) and the influence of psychosocial and medical factors remain unclear.

Methods: This longitudinal study followed newly diagnosed colorectal cancer patients at four time points (post-surgery, 3, 6, and 12 months), and examined QoL and PTG and their predictors. Measures included the Medical Outcome Study 36-item short-form health survey (MOS SF-36) including Physical Component Summary (PCS) and Mental Component Summary (MCS) scores, Posttraumatic Growth Inventory (PTGI), Hospital Anxiety and Depression Scale (HADS), Type D Personality Scale, Sense of Coherence Scale (SOC), and Social Provisions Scale (SPS).

Results: PCS improved significantly over time [$F(3,294) = 8.28, p < 0.001$], with lower scores linked to stoma presence and higher Type D personality traits. MCS also increased [$F(3,294) = 3.99, p = 0.008$], and was associated with older age and lower Type D personality. PTG declined at T4 [$F(3,174) = 5.73, p = 0.001$], and was negatively predicted by Type D personality. Adding SPS enhanced prediction of PTG, indicating a buffering effect of social support.

Conclusion: This study highlights the critical role of personality traits over clinical status in determining psychological recovery among colorectal cancer patients. Interventions targeting type D traits and enhancing SOC may improve survivorship outcomes during the early recovery phase.