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Association between patterns of return-to-work trajectories and long-term depressive symptoms among breast cancer survivors

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ABSTRACT

BACKGROUND - Depressive symptoms and fatigue are well known factors affecting return-to-work (RTW) after breast cancer (BC). However, RTW is mainly assessed using static measures that do not capture the dynamic and multi-phase process of RTW, while this diachronic process may in turn have an impact on later health and psychological well-being. Our aim was to identify RTW trajectories in breast cancer survivors (BCS) within the 5-years following their and assess their associations with long-term depressive symptoms. **METHOD** - We used data from the French Constances cohort that included more than 200 000 participants from 2012 to 2020. Our study relies on a sub-sample of women aged up to 55 years who were working at the time of their diagnostic and with a RTW trajectory that could be determined based on the National Retirement Insurance system (CNAV) (n=381). Sequence analysis was used to identify RTW trajectories in BCS from their diagnosis up to 5 years later. Depressive symptoms were assessed using the 20-items CES-D scale. Adjusted logistic regression were performed to assess the association between RTW trajectories and depressive symptoms. **RESULTS** - In our sample, 18.4 % of BCS suffered from depressive symptoms at their inclusion in the cohort. Four patterns of RTW trajectories were identified: (i) Short sickness absence and RTW, (ii) Long sickness absence and RTW, (iii) Sickness absence and incapacity, (iv) Sickness absence and unemployment. BCS that had a late RTW or no RTW within their five years following their diagnosis were significantly associated with an increased risk of long-term depressive symptoms. **CONCLUSION** - This study shows the potential of using sequence analysis to capture the temporal and multi-state aspects of RTW trajectories and highlights the importance of work resumption after BC on long-term health and well-being.

KEYWORDS: -

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