



293 - EFFECTS OF A MULTIDISCIPLINARY PREHABILITATION AND REHABILITATION PROGRAM ON ANXIETY AND DEPRESSION IN PATIENTS UNDERGOING COLON CANCER RESECTION: PRELIMINARY RESULTS FROM THE ONCOFIT STUDY

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Resumen

Introduction: Colon cancer is one of the most prevalent malignancies worldwide, ranking as the fifth most prevalent cancer. Its diagnosis and treatment involve significant physical and psychological stressors that contribute to severe comorbidities. Anxiety and depression are highly prevalent among patients with cancer, with rates far exceeding those observed in the general population. These psychological disorders negatively affect postoperative recovery and overall outcomes. While non-pharmacological interventions are gaining recognition as effective complementary alternatives, it remains unclear whether a multidisciplinary prehabilitation and postoperative rehabilitation program can improve mental health in patients undergoing colon cancer resection. This study aims to explore the effects of such a program on anxiety and depression in these patients.

Methods: This is a preliminary analysis of the ONCOFIT randomized controlled trial, which included 89 patients scheduled for colon cancer resection. The intervention consisted of: (i) supervised concurrent training, (ii) dietary behavior changes, and (iii) psychological support. Levels of anxiety and depression were measured using the Hospital Anxiety and Depression Scale at diagnosis, preoperatively and postoperatively.

Results: No significant differences between groups were found in anxiety at preoperative (mean difference: -0.95; 95%CI, -2.40 0.47; $p = 0.198$) or postoperative assessments (mean difference: -1.06; 95%CI, -2.53 0.42; $p = 0.166$). However, a significant reduction in depression scores was detected in the intervention group compared with the control group at the preoperative time point (mean difference: -1.46; 95%CI, -2.84 -0.08; $p = 0.041$), though not postoperatively (mean difference: -0.03; 95%CI, -1.44 1.39; $p = 0.971$).

Conclusions: A multidisciplinary prehabilitation and rehabilitation program appears to be effective

at decreasing depression symptoms in patients with colon cancer undergoing surgery.