

Who needs surveillance?
<p>Healthcare providers and survivors of childhood, adolescent and young adult (CAYA) cancer <i>should be aware</i> that survivors are at risk for mental disorder symptoms. For all survivors, surveillance <i>is recommended</i> for:</p> <ul style="list-style-type: none"> • Depression and mood disorders (Level A-C evidence) • Anxiety (Level A-C evidence) • Psychological distress (Level C evidence) • Post-traumatic stress (Level B evidence) • Behavioral problems (Level C evidence) • Suicidal ideation (Level C evidence) <p>The main risk factors^a for mental disorders and symptoms in survivors of CAYA cancer are unemployment^b, lower educational achievement^c, late effects^d, experiencing pain^e, and female sex^f.</p> <p>(Level A-C evidence, strong recommendation)</p>
At what age or time from exposure should surveillance be initiated?
<p>Healthcare providers <i>should be aware</i> that mental disorders and symptoms can be present at diagnosis or arise during treatment for CAYA cancer. Mental health surveillance is important for patients throughout treatment for CAYA cancer (expert opinion, strong recommendation).</p> <p>Mental health surveillance <i>is recommended</i> for survivors of all ages to begin at the first follow-up visit and continue throughout the lifespan (Level C evidence, strong recommendation).</p>
At what frequency should surveillance be performed?
<p>Mental health surveillance <i>is recommended</i> for all survivors of CAYA cancers at every follow-up visit (or at general medical check-ups) (Level C evidence, strong recommendation).</p>
What surveillance modality should be used?
<p>A medical history focused on survivors' mental health <i>is recommended</i> during follow-up care visits.</p> <p>Suggested questions to screen for mental health problems: "Have you [has your child^g]...</p> <ul style="list-style-type: none"> • "been feeling sad, angry, or less interested in things than usual?" • "been feeling worried, tense, stressed, or overwhelmed?" • "had trouble coping with thoughts, memories, or reminders of the cancer experience?" • "had thoughts of harming yourself or ending your life?" • "considered connecting with a healthcare provider to support your mental health?" <p>(expert opinion, strong recommendation)</p> <p>For survivors of CAYA cancer with an indication for mental health problems from medical history: Further testing with a validated parent- and/or self-report measure^h by a mental health professional (e.g. psychologist, psychiatrist, or other suitable specialist) <i>is recommended</i> (Level A-C evidence, expert opinion, strong recommendation).</p>
What should be done if abnormalities are identified?
<p>Healthcare providers and survivors of CAYA cancer <i>should be aware</i> of standardly recommended care:</p>

- Prompt referral of survivors reporting mental health symptoms to a mental health professional (e.g. psychologist, psychiatrist, or other suitable specialist) for diagnostic and risk assessment (expert opinion).
- Immediate referral of survivors with severe mental health problems that may significantly interfere with their safety (e.g. psychosis, severe depression, suicidal ideation, self-harming behaviors or impulses) to a mental health professional (e.g. psychiatrist, psychologist, or local mental health crisis services; expert opinion).
- Cognitive behavioral therapy for the treatment of survivors of CAYA cancer with anxiety, depression, and post-traumatic stress symptoms (Level B evidence).

(Strong recommendation)

Green representing a strong recommendation with low degree of uncertainty.

^a Risk factors with at least Level B evidence.

^b Level A evidence for psychological distress; Level B evidence for anxiety and post-traumatic stress.

^c Level A evidence for post-traumatic stress; Level B evidence for depression, anxiety and psychological distress.

^d Level B evidence for depression, anxiety, psychological distress, and post-traumatic stress.

^e Level B evidence for depression, anxiety.

^f Level B evidence for anxiety, psychological distress, and post-traumatic stress.

^g if parent-report is indicated.

^h Recommended measures for children to assess mental health problems: Benefit and Burden Scale for Children, Beck Youth Inventories-II, Distress Screening Tool, Strengths and Difficulties Questionnaire; Recommended measures for adults: Brief Symptom Inventory-18, Posttraumatic stress response Diagnostic Scale, Distress Thermometer, General Health Questionnaire.

Publication

Gilleland Marchak J, Christen S, Mulder RL, Baust K, Blom JMC, Brinkman TM, Elens I, Harju E, Kadan-Lottick NS, Khor JWT, Lemiere J, Recklitis C, Wakefield CE, Wiener L, Constine LS, Hudson MM, Kremer LCM, Skinner R, Vetsch J, Lee J, Michel G on behalf of the IGHG psychological late effects group. Recommendations for the surveillance of mental health problems in childhood, adolescent and young adult cancer survivors: a report from the International Late Effects of Childhood Cancer Guideline Harmonization Group. *Lancet Oncol* 2022;23:e184-96.