

## **The prevalence of alcohol and drug use disorders in cancer patients and their caregivers, and the effects on caregiver burden**

This study was designed to see if living with, or caring for someone with cancer, led to coping strategies with alcohol or drugs. This was to see if more support needed to be available.

Five hundred and seven people with cancer and their caregivers completed questionnaires assessing symptoms (e.g. pain), alcohol use, drug use and caregiver issues.

Issues with alcohol were relatively low for patients (5%) and caregivers (8%). Drug problems were also low for patients (6%) and caregivers (3%). Caregivers who were more stressed tended to have more issues and this could be a coping strategy.

It is important to talk to caregivers of people with cancer and offer support if they are feeling stressed. We have recommended screening caregivers for problems.

This study will be published in a medical journal and the results will be widely available for all health professionals involved in the care of people with cancer.

Thank you for participating in this study. We are extremely grateful to you for giving up your time and think the results are important and will improve care and support delivered.

Dr Katherine Webber

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