EFFECTIVENESS OF A DECISION AID ABOUT FERTILITY PRESERVATION FOR BREAST CANCER PATIENTS

M. Garvelink¹, M. ter Kuile¹, L. Louwé¹, C. Hilders², A. Stiggelbout³

¹Department of Gynecology, Leiden University Medical Center, The Netherlands
²Department of Gynecology, Reinier de Graaf Hospital, The Netherlands
³Department of Medical Decision Making, Leiden University Medical Center, The Netherlands

Background To improve the information provision about fertility preservation (FP) for breast cancer patients, a web-based decision aid (DA) was developed. The aim of this study is to assess the effect of this DA compared to brochures with regard to the decision making processes and outcomes of decision making.

Methods Multicentre RCT. Eligible patients were female breast cancer patients, aged 18-40, with a (future) desire for children. Women were randomized between a DA or brochures about FP. Secondarily, results were compared to a third observational group who received no additional information. Measures were decisional conflict, knowledge, preparation for decision making, regret, all measured with self-report questionnaires at diagnosis (T0), six weeks (T1), six months (T2).

Results N(RCT DA/brochures): T0 n=13/13; T1 n=12/12; T2 n=11/12. Extra control group (no information) T2 n=10. RCT: knowledge increased in both groups between baseline and follow up (p<0.05). Women who received brochures scored better on effective decision making at T1 than women who received the DA (p<0.05). Otherwise there were no differences in decisional conflict, knowledge, regret and preparation for decision making between groups. Women who did not receive additional information reported higher decisional conflict (p<0.05) than women who received brochures, and less knowledge (p<0.01) than women who received brochures/DA.

Conclusion There were no clinically relevant differences in decision making processes or outcomes between brochures or DA, nor disadvantageous effects of either one, so both could be used in practice. Secondary results indicate that both information materials improve information provision and decision making when compared to nothing.