Abstract:

OBJECTIVES: Fear of progression is one of the most prevalent symptoms in cancer patients. The aim of this study was to validate the 12-item short version of the Fear of Progression Questionnaire (FoP-Q-SF).

METHODS: A total of 1083 breast cancer patients were recruited by the Hamburg Cancer Register to fill out various questionnaires (response rate 67 %). RESULTS: Estimates of reliability were high (Cronbach's alpha = .87). The original one-factor structure was replicated. We used the HADS, the PCL-C, and the SF-8, among others, to validate the FoP-Q-SF. Significant positive correlations were found for fear of progression, anxiety and intrusion (r > .60) as well as for avoidance, hyperarousal and depression (r > or = .49). Moderate to high (negative) correlations were observed with health-related quality of life, in particular with the mental health dimensions (r > or = .48). Patients with cancer recurrence reported significant higher levels of fear of progression (p < .001). CONCLUSIONS: The short form of the Fear of Progression Questionnaire appears to be a reliable and valid instrument which can be recommended for further use in research and clinical care.