

Quick survey checks your quality of life

A new, faster survey takes a snapshot of how transplant survivors are feeling and functioning. This can spark a helpful talk between people and their doctors. That's from a study in the journal, *Cancer*.

The new survey, called PROMIS-GH, is shorter than older surveys. But researchers had not tested it with transplant survivors. They wanted to make sure it was accurate.

Researchers surveyed 4,446 people who had a blood or marrow transplant (BMT). They gave people two surveys: one with 10 questions and one with 36 questions. Both surveys ask how people are feeling, in body and mind. And both surveys captured that information well.

On the PROMIS-GH survey, you can rate how you are feeling on a scale of 1 to 5. The survey asks about:

- Overall health
- Quality of life
- Physical health
- Mood and ability to think
- Satisfaction with social activities and relationships
- How well you carry out your social activities and roles
- Your ability to do everyday activities
- How often you feel anxious, depressed or irritable
- Your fatigue
- Your pain, on average

Keep in mind

Fewer than half of the patients (1,634) finished the survey. We need more research to test the survey with younger people and to see whether a paper or online survey is better.

Questions to ask your doctor

Tell your doctor about your quality of life. Do you feel healthy, comfortable and happy? If not, your doctor can help you with medicines, therapy or referrals to other experts.

Learn more about

- [This research study](#)
- [Life after BMT](#)

Source

Shaw BE, Syrjala KL, Onstad LE, et al. PROMIS measures can be used to assess symptoms and function in long-term hematopoietic cell transplantation survivors. *Cancer*. 2018 Feb 15; 124 (4): 841-849. doi:10.1002/cncr.31089. Epub 2017 Oct 26. PMC 5800994.

About this research summary

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