Psychosocial Impact of cGvHD

1. **True or False: cGvHD can impact a patient's mental health and quality of life.**
   - True
   - False

2. **Which of the following is a common psychological effect of cGvHD?**
   a) Depression
   b) Increased appetite
   c) Lower risk of infections
   d) Improved physical fitness

3. **Which aspect of a patient's life is often negatively impacted by cGvHD?**
   a) Social interactions
   b) Increased energy levels
   c) Improved concentration
   d) Better immune function

4. **What is a major factor contributing to anxiety in cGvHD patients?**
   a) Uncertainty about treatment outcomes
   b) Increased physical strength
   c) Excessive immune suppression
   d) Reduced need for medications

5. **True or False: Fatigue in cGvHD patients can worsen mental health conditions such as anxiety and depression.**
   - True
   - False

6. **Which support system is most beneficial for improving the mental health of cGvHD patients?**
   a) A multidisciplinary care team including psychologists
   b) Only treatment with psychiatric medications
   c) Avoidance of discussing mental health issues
   d) Self-medication with over-the-counter drugs

Answer Key

1. **True - Explanation**: cGvHD can lead to emotional distress, anxiety, and depression due to chronic symptoms and long-term treatment.

2. **a** - **Explanation**: Many patients with cGvHD experience depression due to chronic pain, fatigue, and changes in daily activities.

3. **a** - **Explanation**: Due to chronic symptoms, physical limitations, and emotional distress, patients often struggle with maintaining social relationships.

4. **a** - **Explanation**: The unpredictable course of cGvHD and concerns about disease progression contribute to anxiety.

5. **True** - **Explanation**: Chronic fatigue associated with cGvHD can negatively impact mood, motivation, and overall mental health.

6. **a** - **Explanation**: A multidisciplinary team, including mental health professionals, helps address both the physical and emotional challenges of cGvHD.