Predictors of biopsychosocial distress in women with locally advanced and/or metastatic breast cancer

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Objective: The objective of this study was to identify predictors of biopsychosocial distress in women with locally advanced and/or metastatic breast cancer. **Methodology**: This is a quantitative cross-sectional study carried out with 125 women with locally advanced and/or metastatic breast cancer. The Palliative Performace Scale, the Edmonton Symptom Assessment Scale, and a sociodemographic questionnaire were used. Data were analyzed using descriptive and inferential statistics. We used the Shapiro-Wilk test and the Spearman correlation matrix. **Results:** The performance of patients had a mean of 39 and median of 40 (0–100), and survival after referral to palliative care was 75.96 days, median 13 (SD 144.73; 1–618). The most intense symptoms were lack of appetite (mean 6.59; SD 3.58; 0–10), anxiety (mean 6.05; SD 3.76; 0–10), and fatigue (mean 5.86; SD 3.63; 0–10). Pain and nausea were correlated with worse performance ($p < 0.05$) and distress with worse fatigue, sadness, anxiety, lack of appetite, dyspnea, and malaise ($p < 0.05$). Younger age was a predictor of higher levels of anxiety, malaise, and distress ($p < 0.05$). **Conclusion:** Our results suggest that younger patients are more prone to psychosocial distress, especially showing greater lack of appetite, anxiety, and fatigue. For equitable and comprehensive care, it is necessary to implement symptom screening strategies, as well as interprofessional management, according to the correlation between experienced symptoms.

Keywords: integrative palliative care; emotional distress; breast neoplasms.