Background: Symptoms related with colorectal cancer (cc), may increase the psychological and physical status and deteriorate patients quality of life. The purpose of this study was to evaluate symptoms, general self-efficacy, stress and quality of life of cc patients. In addition, our purpose was to investigate correlation between general self-efficacy and other parameters, at baseline and actual modification one year after adjuvant chemotherapy.

Conclusions: One year after adjuvant chemotherapy, impairment was observed in all evaluated parameters. Change of general self-efficacy was mainly related to change of stress levels, moderate but equally important related to severity and intervention of symptoms in quality of life and at a minor extent to energy (subscale of LASA) of patients. The results of this study show that general self-efficacy, stress, physical symptoms and energy of patients are crucial factors for cc patients and therefore, physicians should consider these psychological and physical dimensions.

Methods: 90 cc patients were included in our study. General self-efficacy was evaluated with « General Perceived Self-Efficacy scale » (GSE), quality of life was measured with « Linear Analogue Scale Assessment» (LASA), stress was evaluated with the (HAD) scale, impairment and involvement of symptoms were measured with «MD-Anderson Symptom Inventory» (MDASI) questionnaire, at the time of diagnosis and one year after adjuvant chemotherapy.

Results: Measurements one year after adjuvant chemotherapy showed that general self-efficacy decreased (28.86 ± 6.42), stress increased (9.56 ± 4.42), quality of life impairment (6.74 ± 1.81) following the severity of symptoms (3.24 ± 2.62). Actual modification at the time of diagnosis and one year after adjuvant chemotherapy showed important negative correlation between general self-efficacy and stress (p < 0.0005). Moderate negative correlation was observed between general self-efficacy and symptoms (MDASI severity of symptoms: p = 0.003, intervention of symptoms: p = 0.002), while low positive correlation was found between self-efficacy and energy LASA scale (p = 0.048).

Conclusion: One year after adjuvant chemotherapy, impairment was observed in all evaluated parameters. Change of general self-efficacy was mainly related to change of stress levels, moderate but equally important related to severity and intervention of symptoms in quality of life and at a minor extent to energy (subscale of LASA) of patients. The results of this study show that general self-efficacy, stress, physical symptoms and energy of patients are crucial factors for cc patients and therefore, physicians should consider these psychological and physical dimensions.