

Young adults feel more stress after BMT than older adults

People aged 18 to 39 have lower quality of life after blood or marrow transplant



Although blood or marrow transplant (BMT) can cure blood cancers, sickle cell disease, and other conditions, it also has side effects.

A new study of long-term quality of life after BMT shows that young adults, aged 18 to 39, may have lower quality of life than adults aged 40 and older.

Nearly 1,000 adults participated in the study. All were aged 18 and older and got BMT in the US. About 5 to 10 years after BMT, everyone filled out questionnaires about their quality of life.

Compared to older adults, younger adults had better physical health. However, younger adults had worse mental health and had more concerns about their health, uncertainty, family strain, finances, and identity.

Younger adults also had lower health self-efficacy. This means they were less confident that they could manage their health issues.

This study did not test strategies to improve quality of life. However, other studies have shown that one-on-one support, either in person or via video sessions and mobile apps, can improve quality of life.

Not all people live close enough to visit transplant centers frequently. However, the National Marrow Donor Program / Be The Match also has many support options, including one-to-one support, support groups, peer support, financial help, and post-transplant care guidelines.

Ask your doctor

If you are feeling distressed or worried, ask your doctor what resources are available near you. Also, consider the list of online resources below.

Learn more about

- [One-on-one support at BeTheMatch.org, or by calling 1 \(888\) 999-6743](#)
- [Post-transplant guidelines at BeTheMatch.org](#)
- [Clinical trials on quality of life at CTsearchsupport.org](#)
- [More study summaries at CIBMTR.org](#)

Source

Rotz SJ, Yi JC, Hamilton BK, et al. [Health-Related Quality of Life in Young Adult Survivors of Hematopoietic Cell Transplantation](#). *Transplantation and Cellular Therapy*. 2022;28(10):701.e701-701.e707. Epub 2022/07/26. PMC9547939. doi: 10.1016/j.jtct.2022.07.018.

About this research summary

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This plain-language summary was written by Jennifer Motl at the Medical College of Wisconsin and reviewed by an author of the full article. © 2022 by CIBMTR, license [CC BY-SA 4.0](#).