

10th LuCE REPORT ON LUNG CANCER

Lung cancer and mental health:
Experiences reported by Europeans
impacted by lung cancer



Lung Cancer Europe

Understanding mental health in lung cancer

61.16%

Negative impact of lung cancer on mental health

Poor to moderate mental health at the time of the survey

27.93%

Groups reporting greatest impact:

Caregivers / Women / Younger adults (18-64) / Stage III-IV

Emotional difficulties

Top emotions impacting well-being



58.54%
Sadness



56.49%
Fear



56.31%
Anxiety



55.22%
Uncertainty

Most common emotional difficulty



76.71%
Fear of treatment failure or cancer progression

Most distressing parts of the journey



63.62%
Lung cancer diagnosis



45.52%
Managing side effects



Depression

76.96%
No



15.18%
perceived themselves as having depression

23.04%
Yes



76.69% before lung cancer
23.31% after lung cancer

55.77%
continued to experience depression afterwards

Mental health disorders



Anxiety disorder



21.24%
Yes

70.55% before lung cancer
29.45% after lung cancer

80.81%
continued to experience anxiety afterwards



78.76%
No

15.18%
perceived themselves as having anxiety

CALL TO ACTION



- Healthcare systems and policymakers must recognise mental health support as a fundamental part of the lung cancer care pathway
- Healthcare professionals must provide clear information and empower individuals to manage their disease and mental well-being

Methodology

Answers based on a self-filled online survey (May 28th - July 6th, 2025) from 2,204 participants (1,709 people with lung cancer and 495 caregivers) from 31 WHO European Region countries.



Lung Cancer Europe



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Full Report

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www.lungcancereurope.eu



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