

How is living with kidney cancer affecting your emotional wellbeing?

A simple check-in designed to start important conversations

85% of kidney cancer patients

experience an impact to their emotional wellbeing. Far too many of them never talk about it with family, friends or their medical teams.

Source: IKCC Global Patient Survey, 2025



This short Emotional Wellbeing Check-In was designed with mental health professionals to help you reflect on how living with kidney cancer may be affecting your emotional wellbeing. Completing it may make you think about things you hadn't before. You can also print it out and use it to start a conversation about your emotional wellbeing with family, friends and your medical team. Some anxieties can be eased simply by talking openly about them and conversations can also lead to getting professional support if you need it.

1. TALKING

Who do you talk to about how your kidney cancer is affecting you emotionally? (Tick all that apply)

My partner

Family and friends

My doctor or other health professionals

Other patients with kidney cancer

I prefer not to talk about my cancer



The more people you can talk to, the more supported you are likely to feel. People want to help you, so let them - but you may need to start the conversation.



2. ANXIETY

How often do you worry about scans, test results or your cancer progressing or coming back?

Rarely

Sometimes

Often

Most of the time



Anxiety is normal and acknowledging how you're feeling is important. There are strategies to manage cancer-related anxiety, and your healthcare team can help you find the right support.



3. SLEEP

Have your sleep patterns changed since your kidney cancer diagnosis?

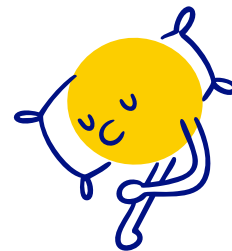
Sleep less

Sleep the same

Sleep more



How you sleep says a lot about your emotional wellbeing. Sleeping less can increase anxiety. Sleeping more than usual and struggling to get out of bed can sometimes be a sign of depression.



4. PHYSICAL ACTIVITY

Roughly how much physical activity do you do in a typical week, including everyday movement such as walking?

(Skip this question if you have been advised by your doctor to avoid physical activity)

Little or none

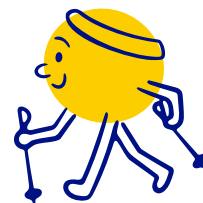
Up to 2.5 hours

2.5 to 5 hours

Over 5 hours



Even small amounts of movement support emotional wellbeing and self-esteem. Physical activity can also help with fatigue, weight changes and recovery after treatment.



5. RELATIONSHIPS

A cancer diagnosis can change your relationships with family and close friends. Which best describes you?

“Sharing the challenges of cancer has brought us closer”

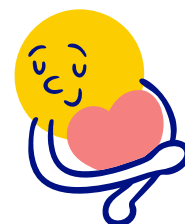
“My relationships are much as they were before my diagnosis”

“The stress has taken a toll. We’re not as close as we used to be”

“I don’t want to upset others, so I keep my worries to myself”



Talking openly about cancer with family and friends helps them as well as you - everyone feels more supported. Not talking can increase your feelings of isolation and their feelings of being left out. Use this check-in to help start conversations about how you’re feeling.



“As a psycho-oncologist, I encourage all people with kidney cancer and their caregivers to complete this questionnaire, print it out and use it to start conversations with family, friends, other patients and your healthcare team.”

Dr Cristiane Decat Bergerot PhD

Oncoclinicas&Co

IMPORTANT: This Emotional Wellbeing Check-In is designed to provide a snapshot of your emotional wellbeing in relation to your kidney cancer. It is not intended as a substitute for professional medical or psychological help. Always seek the guidance of qualified health professionals with any questions you may have regarding your psychosocial or medical health.

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