

Relationship between optimism and patient-centered outcomes before and after sacrocolpopexy for pelvic organ prolapse

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Background: The aims of this study were (1) to explore the relationship between optimism, prolapse severity, and pelvic symptoms prior to surgery; and (2) to examine the extent to which optimism predicts post-surgical functional status, symptom experience, satisfaction with treatment, and perception of treatment success.

Study Design: Data from the Colpopexy and Urinary Reduction Efforts (CARE) study, a randomized trial in which stress continent women underwent abdominal sacrocolpopexy to repair Stage II-IV pelvic organ prolapse (POP), are used. Participants completed an assessment of dispositional optimism and validated symptom and quality of life measures. Relationships between optimism and demographics, clinical status, and psychosocial outcomes were assessed.

Results: Of 322 CARE participants, 305 (94.7%) completed follow-up interviews. At baseline, women with greater dispositional optimism reported significantly better physical and mental functioning ($p \leq 0.001$), less symptom distress ($p \leq 0.003$), and less impact of pelvic symptoms on daily activities ($p \leq 0.004$). After one year, the impact of dispositional optimism was not significant, as women across the board reported improved health status, fewer symptoms, and less impact on daily activities. Satisfaction with treatment and perception of treatment success were not affected by optimism.

Conclusions: Dispositional optimism is related to patients' reported pelvic symptom severity before surgery, but does not predict satisfaction with treatment or perception of treatment success. Abdominal sacrocolpopexy resulted in substantial improvements in psychosocial and functional outcomes in patients across levels of optimism.