Health-related quality of life in recurrent platinum-sensitive ovarian cancer—results from the CALYPSO trial

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Background: In the CALYPSO trial, carboplatin–pegylated liposomal doxorubicin (CD) demonstrated superior therapeutic index versus carboplatin–paclitaxel (CP) in patients with recurrent ovarian cancer. This paper reports the health-related quality of life (HRQoL) findings.

Materials and methods: HRQoL was measured with the EORTC QoL-QC30 questionnaire and OV28 ovarian cancer module. Mean change scores from baseline in HRQoL subscales (five functional scales and global health status) in each arm and the proportion of patients improved or worsened were calculated every 3 months until 12 months.

Results: Compliance was 90% at baseline and 76%, 64%, 57% at 3, 6, and 9 months, respectively. Baseline HRQoL showed already impaired global scores (mean 62/100) and considerable symptom burden (90% of patients reporting nonzero scores). Global QoL and abdominal symptom scores improved over time in both arms; at 6 months, 36% of patients met criteria for improved symptoms. Treatment with CD resulted in less peripheral neuropathy (9.8 versus 24.2), fewer other chemotherapy side-effects (9.5 versus 16.2), and less impact on body image (3.8 versus 10.4) versus CP (all \( P < 0.02 \)) at 6 months.

Conclusions: These patient-reported outcomes confirm the overall lower toxicity of CD versus CP. The improved disease-related outcomes achieved with CD were not at the expense of QoL.

Key words: carboplatin, paclitaxel, pegylated liposomal doxorubicin, platinum sensitive, recurrent ovarian cancer, quality of life

introduction

The management of recurrent ovarian cancer (ROC) is an ongoing topic of clinical research designed to guide practice. For patients with ovarian cancer who initially present with advanced disease, standard therapy includes a combination of maximal cytoreductive surgery with subsequent chemotherapy [1]. However, despite high response rates to this initial management, many patients experience relapse. Such patients are not curable, hence, the goals of therapy for disease recurrence focus on improving both length of life and quality of life (QoL) [2].

Patients with ROC are conventionally classified as having disease i.e. either ‘platinum sensitive’, when relapse occurs >6 months after completion of initial platinum-based therapy, or ‘platinum resistant/refractory’, when time from treatment completion to relapse is <6 months [2]. In the setting of platinum-sensitive ROC, combination chemotherapy with carboplatin and paclitaxel (CP) was considered the standard of care when the present clinical trial was developed (2005) [2]. This collaborative, multinational randomized phase III noninferiority trial, CALYPSO, tested the efficacy and safety of pegylated liposomal doxorubicin and carboplatin (CD) compared with standard CP in 976 patients with platinum-sensitive relapsed or recurrent ovarian cancer, concluding that
treatment with CD was associated with longer progression-free survival (PFS) and less overall toxicity [3].

This report summarizes the QoL findings of CALYPSO and places these findings in the context of other primary and secondary trial outcomes. With a median follow-up of 22 months, PFS was prolonged with CD [hazard ratio (HR) 0.821, 95% confidence interval (CI) 0.72–0.94, P = 0.005] versus CP; median PFS was 11.3 months with CD versus 9.4 months with CP. Treatment with CD was also shown to have less grade ≥2 non-hematologic toxic effects leading to early treatment discontinuation. Specifically, there was less hypersensitivity to carboplatin (15% versus 6%, P < 0.01), less frequent alopecia (84% versus 7%), and less grade ≥2 sensory neuropathy (27% versus 5%) compared to CP. In contrast, CP was associated with lower rates of other toxic effects, including hand-foot syndrome (HFS; 12% versus 2%), nausea (35% versus 24%), and mucositis (14% versus 7%) [3].

A systematic review of previously reported clinical trials was used to develop evidence-based practice guidelines addressing the optimal choice of chemotherapy for ROC [2]. This review, which was published in 2007, included five trials [4–8] that exclusively accrued patients with platinum-sensitive ROC, two of which demonstrated the superiority of combination CP over single-agent carboplatin [5, 6]. One trial showed the combination of carboplatin and gemcitabine yielded significantly higher response rates and longer PFS compared with carboplatin alone [4]. None of these trials showed differences in overall QoL outcomes between randomization groups [2]. Given the advantage in PFS demonstrated for CD in the CALYPSO study [3], the QoL outcomes of the trial are highly relevant to inform treatment decision making in the management of patients with platinum-sensitive ROC.

methods

The details of this GCIG phase III trial and summary of the overall scientific basis of the study have been reported previously [3]. Briefly, the trial accrued 976 patients, of whom 467 were randomized to CD and 509 to CP. A centrally randomized, open-label noninferiority design was used to test whether the combination of pegylated liposomal doxorubicin (30 mg/m² i.v. on day 1) and carboplatin (AUC 5 based on glomerular filtration rate calculated from serum creatinine values) administered i.v. at 4-week intervals was no >23% inferior in PFS compared with paclitaxel (175 mg/m² i.v. on day 1) and carboplatin (AUC 5 i.v. on day 1) at 3-week intervals. Random assignment was carried out in permuted blocks of six, and patients were stratified based on therapy-free interval from last chemotherapy (6–12 versus >12 months), measurable disease (yes versus no), and center. In the absence of unacceptable toxicity or disease progression, patients were treated for a total of six courses of therapy or until progression.

patients

Eligible patients were over 18 years old with a histologically confirmed diagnosis of ovarian, fallopian tube, or extra-ovarian papillary serous cancer, and with disease progression occurring >6 months after treatment with a first- or second-line platinum-based chemotherapy regimen. Other key eligibility criteria included an Eastern Cooperative Oncology Group (ECOG) performance status of two or less; life expectancy of at least 12 weeks; and adequate bone marrow, renal, and hepatic function. Patients with preexisting neuropathy grade ≥1 were excluded. The majority of patients completed six cycles of chemotherapy (396 and 391, CD and CP, respectively), the two most frequent causes of treatment discontinuation being toxicity or progressive disease. The baseline characteristics of randomized patients have been reported previously [3]; briefly, the majority of patients had ECOG performance status of zero or one (95%), stage III/IV disease (85%), with one previous course of chemotherapy (85%).

toxicity and health-related QoL outcome assessment

Toxicity was assessed using the National Cancer Institute–Common Toxicity Criteria for adverse events (NCI-CTCAE version 3.0). All patients were expected to complete the study health-related QoL (HRQoL) assessments. HRQoL was measured by the EORTC QLQ-C30 core instrument [9], supplemented by the OV28 ovarian cancer-specific module [10]. The core instrument has been validated in the general cancer population and specifically in ovarian cancer patients [11] and consists of a global QoL scale, five functional scales, and nine symptom scales. The ovarian cancer-specific module consists of seven symptom scales; supplemental Table S1 (available at Annals of Oncology online) illustrates the subject content of questionnaire items relevant to each of the seven scales. As is the case for the core questionnaire, the ovarian module has been shown to be valid, reliable, and sensitive to change in patients with ovarian cancer receiving chemotherapy [10]. The rationale for choosing these instruments was based on their validated status, their content scope that addresses global, functional, and symptom domains of high relevance to patients with ROC, and their previous use in this cancer setting [10]. The study protocol required assessment of HRQoL at randomization (baseline) and at the 3-, 6-, 9-, and 12-month assessments. HRQoL assessment was not carried out after documented disease progression; therefore, no additional cancer therapies were given to those patients who provided HRQoL data at follow-up times.

statistical considerations

Analyses of the HRQoL data were undertaken in keeping with the general analysis approach of the NCIC Clinical Trials Group (NCIC CTG) [12]. In these analyses, baseline completion rates are calculated for each treatment arm, and compliance rates at subsequent time points are defined as the proportion of patients completing HRQoL assessment conditional on baseline HRQoL submission and no disease progression [12]. Between treatment arms, Student’s t-tests were used to test for statistically significant differences in mean baseline HRQoL scores.

Mean change scores at each time point were calculated for all patients with baseline HRQoL data. Statistical differences between arms were tested with t-tests at each time point. The multidimensional aspect of the HRQoL instruments allowed two main HRQoL hypotheses to be evaluated, namely, changes in HRQoL scores with treatment would reflect either improvement in ovarian cancer-related symptoms due to disease response or adverse effects of treatment-related toxicity. HRQoL data were typically not collected in patients once their disease had progressed.

HRQoL ‘response’ analysis represents the proportion of patients who experience a clinically significant change in HRQoL score on a particular functional or symptom scale compared with their baseline score. This approach has been promoted as a preferred way of illustrating the impact of treatment on HRQoL, in that the proportion of patients improving in HRQoL is seen as analogous to the proportion of patients with a tumor complete or partial response [13]. For the purposes of this analysis, a previously validated minimal important difference of 10 points (on a 100-point scale) was used to define the proportion of patients with a clinically significant change [12, 14]. This magnitude of difference is clinically conservative, with some estimates of minimal important change being as low as 5–7 points, depending on the underlying variance of the data [14]. Patients with an HRQoL change score of ≥10 in a direction reflecting
deteriorating functioning or increased symptoms at a given time point (compared with baseline) were classified as ‘worsened’, whereas those with an
change for the better of ≥10 points were classified as ‘improved’. Those
with HRQoL scores at a given time point within 10 points of baseline score
were classified as ‘stable’. Chi-square test of proportions was used to
determine statistical significance of the proportion of patients in each
category based on these assignments. The focus of this report is based on
3-month response scores because less missing data were evident at this
time point, and patients on treatment in both arms had received three or
more cycles of chemotherapy by this time.

All analyses of HRQoL end points were restricted to those patients who
completed baseline HRQoL assessments and had at least one HRQoL
form completed in follow-up. Given the extent of missing assessments in
follow-up, between-arm comparisons of average difference in HRQoL
scores over time, adjusted for baseline levels, were also estimated using
generalized estimating equations. Given the drop of 12-month compliance
rates to fewer than half of expected rates (see below), the report was limited
to data collected up to the 9-month follow-up period.

Missing value patterns (missingness) were investigated by examining
associations between baseline variables significantly associated with
progression [3] (these being therapy-free interval, pretreatment CA125,
treatment, measurable disease status, and involved disease sites) and
missing HRQoL outcomes, using multivariate logistic regression.

results
compliance rates
Overall, 458 (90.0%) patients of those randomized to CP and 421 (90.1%)
patients of those randomized to CD completed baseline HRQoL assessments. Compliance (CP versus CD) at
3 months was 73.5% versus 79.3%, at 6 months was 60.3% versus 68.3%, at 9 months was 56.1% versus 57.3%, and at 12 months was 49.7% versus 50.6%, among the patients that
had completed baseline HRQoL.

baseline HRQoL and changes in mean HRQoL
scores over time
Table 1 lists the baseline HRQoL scores for the functional and
symptom scales of the core QLQ-C30 instrument as well as the
seven symptom scales of the OV28 module. As expected by
the randomization process, baseline scores were well balanced
between treatment arms with no significant between-arm
differences detected.

Table 1 also illustrates the change in HRQoL scores on each
domain and symptom scale at 3 and at 6 months, respectively.
Statistically significant between-arm differences at 3 months
were seen for the global and physical function scales; however,
the magnitude of the differences between arms was clinically
modest (4.8 points for global HRQoL and 3.7 points for
physical function). These changes are graphically illustrated in
Figures 1 and 2, which show the change in mean scores over
time for the core instrument function scales and for selected
symptom scales, respectively.

patient response analysis
Figure 3 illustrates the proportion of patients in each response
category (improved, stable, or worsened) for each HRQoL
functional domain or symptom scale at 3 months after
randomization. Significant differences between treatment arms
in these response proportions were seen; a higher proportion
of patients treated with CD were seen to have clinically
significantly improved global QoL scores, and a smaller
proportion of patients treated with CD were seen to have
worsened pain, dyspnea, insomnia, neuropathy, body image,
sexual functioning, and other chemotherapy side-effect
symptom scores compared with those treated with CP.
Smaller proportions of patients treated with CP were seen to
have worsened sexual functioning and nausea/vomiting scores
compared with those treated with CD.

analysis of HRQoL with a focus on abdominal and
gastrointestinal symptoms
The randomization of patients on the CALYPSO trial took place
either on the basis of tumor marker progression or
measurable disease (n = 533). However, given the nature of the
study population, it was not unexpected that the majority of
patients (89.7%) reported abdominal or gastrointestinal (GI)
symptoms on the OV28 symptom scale at baseline. An analysis
of the patients who were symptomatic at baseline (i.e. before
the development of side-effects from randomization-allocated
chemotherapy) was undertaken. Overall, 409 (48%) of patients
had symptom scores of up to and including 30/100, and 356
(42%) had symptom scores >30/100 at baseline. The detailed
nature of the HRQoL data reported on the OV28 symptom
module allowed analysis of HRQoL issues that reflect the
impact of symptoms that are not effectively captured by
conventional toxicity outcomes, which tend to focus on adverse
effects of therapy, rather than symptoms related to disease
burden.

Table 2 illustrates the relationship between the severity of
patients’ baseline symptoms, and whether or not each patient
had measurable disease at study entry (baseline). It is
noteworthy that a large number of patients classified as not
having measurable disease were nonetheless symptomatic.
Examining HRQoL responses in symptomatic patients
(Figure 4) reveals that many symptomatic patients reported
improved symptoms after 3 months: over one-third of patients
with nonzero baseline scores improved in both CP and CD
arms, and over 60% of patients with baseline symptom scores
>30 responded to treatment (no significant between-arm
differences were present).

impact of missing data
Seventy-nine percent (361/458) of patients in the CP arm and
84% (352/421) of patients in the CD arm had QoL data at
baseline and at another time point in the study. These
proportions were not statistically significantly different, and
a multivariate logistic regression examining the association
between missingness and therapy-free interval, CA125,
treatment, measurable disease, and involved disease sites was
not significant. This suggests that the pattern of missing QoL
data does not substantially alter the conclusions of the analyses.

discussion
The CALYPSO study was designed as a noninferiority trial that
demonstrated not only noninferiority but also superiority of
CD. Patients randomized to CD experienced longer PFS and less severe overall toxicity than patients randomized to CP. The HRQoL data collected support the hypothesis that the PFS benefits of CD did not come at the expense of a negative QoL impact relative to CP. In fact, the proportion of patients reporting improved global HRQoL at 3 months was significantly higher in patients randomized to CD.

The largest magnitude changes in HRQoL from baseline were predominantly disease related, although these symptoms potentially also reflected the impact of previous treatment. Other baseline symptoms (e.g. neuropathy or body image) were presumed to reflect persistent treatment-related toxicity from prior therapies. Both treatment arms in this study were effective in improving abdominal symptom scores (as assessed by both mean change score analysis and proportion of patients improving), whereas, neither treatment had a meaningful effect in improving mean fatigue or attitude/concern scores over time.

Treatment-related toxic effects in this study were reflected in those symptom scores that deteriorated significantly after initiation of treatment. In keeping with the primary CALYPSO

### Table 1. Baseline HRQoL mean scores and change in mean scores

<table>
<thead>
<tr>
<th>Item/domain</th>
<th>Baseline scores</th>
<th>3-month change*</th>
<th>6-month change*</th>
<th>P value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Functional scales scores</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Physical functioning</td>
<td>CP</td>
<td>CD</td>
<td>CP</td>
<td>CD</td>
</tr>
<tr>
<td>N</td>
<td>Mean (SD)</td>
<td>N</td>
<td>Mean (SD)</td>
<td>N</td>
</tr>
<tr>
<td>452</td>
<td>79.5 (20.7)</td>
<td>414</td>
<td>79.8 (20.1)</td>
<td>313</td>
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<tr>
<td>Role functioning</td>
<td>447</td>
<td>72.6 (30.4)</td>
<td>413</td>
<td>72.3 (31.9)</td>
</tr>
<tr>
<td>Emotional functioning</td>
<td>447</td>
<td>63.4 (25.6)</td>
<td>410</td>
<td>64.4 (25.2)</td>
</tr>
<tr>
<td>Cognitive functioning</td>
<td>448</td>
<td>83.9 (20.2)</td>
<td>412</td>
<td>83.8 (20.2)</td>
</tr>
<tr>
<td>Social functioning</td>
<td>445</td>
<td>74.2 (28.2)</td>
<td>411</td>
<td>78.4 (27.2)</td>
</tr>
<tr>
<td>Global health status score</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Global health Status/QoL</td>
<td>447</td>
<td>62.2 (23.0)</td>
<td>408</td>
<td>61.4 (24.2)</td>
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<tr>
<td>Symptoms scales scores</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fatigue</td>
<td>450</td>
<td>34.7 (25.7)</td>
<td>413</td>
<td>34.4 (27.5)</td>
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<tr>
<td>Nausea and vomiting</td>
<td>449</td>
<td>8.0 (17.3)</td>
<td>413</td>
<td>10.9 (20.7)</td>
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<tr>
<td>Pain</td>
<td>450</td>
<td>27.1 (28.4)</td>
<td>414</td>
<td>25.9 (28.2)</td>
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<td>Dyspnea</td>
<td>444</td>
<td>17.9 (25.3)</td>
<td>409</td>
<td>19.4 (27.8)</td>
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<tr>
<td>Insomnia</td>
<td>447</td>
<td>36.8 (32.9)</td>
<td>413</td>
<td>36.6 (32.8)</td>
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<td>Appetite loss</td>
<td>445</td>
<td>18.7 (29.2)</td>
<td>413</td>
<td>21.5 (30.8)</td>
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<tr>
<td>Constipation</td>
<td>449</td>
<td>22.6 (31.1)</td>
<td>409</td>
<td>23.6 (31.7)</td>
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<td>Diarrhea</td>
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<td>10.3 (21.1)</td>
<td>409</td>
<td>13.5 (24.8)</td>
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<td>Financial difficulties</td>
<td>441</td>
<td>14.7 (27.3)</td>
<td>405</td>
<td>12.4 (24.8)</td>
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<td>QLQ-ÖV28</td>
<td>Abdominal/gastrointestinal symptoms</td>
<td>442</td>
<td>29.1 (22.6)</td>
<td>411</td>
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<td>Peripheral neuropathy</td>
<td>434</td>
<td>17.7 (22.0)</td>
<td>402</td>
<td>15.3 (20.6)</td>
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<td>Other chemotherapy side-effect</td>
<td>435</td>
<td>15.0 (14.9)</td>
<td>405</td>
<td>14.2 (15.1)</td>
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<td>Hormonal/ menopausal symptoms</td>
<td>435</td>
<td>26.4 (28.0)</td>
<td>405</td>
<td>24.2 (28.6)</td>
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<td>Body image</td>
<td>431</td>
<td>23.9 (27.6)</td>
<td>401</td>
<td>24.3 (28.0)</td>
</tr>
<tr>
<td>Attitude to disease and treatment</td>
<td>432</td>
<td>57.2 (28.2)</td>
<td>397</td>
<td>56.3 (28.5)</td>
</tr>
<tr>
<td>Sexual functioning</td>
<td>385</td>
<td>20.4 (23.5)</td>
<td>358</td>
<td>16.3 (21.7)</td>
</tr>
</tbody>
</table>

P values shown are from a t-test.

*Positive values indicate an increase in improvement, while negative values indicate a worsening.

CD, carboplatin–pegylated liposomal doxorubicin; CP, carboplatin–paclitaxel; HRQoL, health-related quality of life; SD, standard deviation.
Figure 1. Baseline and changes in mean scores for health-related quality of life function scales. Error bars represent 95% confidence interval for the estimated mean values. CD, carboplatin–pegylated liposomal doxorubicin; CP, carboplatin–paclitaxel.

Figure 2. Baseline and changes in mean scores for selected health-related quality of life symptom scales. Error bars represent 95% confidence interval for the estimated mean values. CD, carboplatin–pegylated liposomal doxorubicin; CP, carboplatin–paclitaxel.
toxicity data, patients randomized to CP reported lower rates of nausea and vomiting worsening but also reported higher rates of neuropathy, compromised body image (reflecting alopecia and other aspects of body image), and other chemotherapy side-effects.

Despite the similar between-treatment patterns in toxicity rates and HRQoL findings, there were four important ways in which measuring QoL in the CALYPSO trial added value to the study and its interpretation. First, the HRQoL data provide evidence that many patients derive symptom control benefit associated with treatment, in addition to the delay in disease progression afforded by chemotherapy for recurrent disease. The patient-reported outcomes are the only study end points that directly evaluate these palliative benefits.

Second, the HRQoL data provide different estimates of the magnitude of adverse aspects of treatment compared with conventional toxicity data. For some symptoms, reported toxicity rates were comparable to the proportion of patients reporting significantly worsened scores. For example, grade 2 nausea rates of 24% (CP) and 35% (CD) were comparable to the proportion of patients reporting worsened nausea after 3 months (27% and 37%, respectively). For other symptoms, HRQoL rates were somewhat higher than toxicity rates: fatigue, e.g., was reported as grade 2 in up to 40% of patients but was self-reported as worsened in 49% of patients. For neuropathy, grade 2 events were reported in 27% of CP patients, but 75% of patients in that arm reported significantly worse scores.

Third, the scope of issues identified by the HRQoL scores may help clinicians understand the nature of the issues experienced by patients in this setting, which in turn may
provide for increased supportive care resources or better supportive care strategies. The high prevalence of fatigue, patient concerns, sexual functional impairment, and other issues relating to HRQoL may be useful in informing the development of enhanced services for ovarian cancer patients and may also indicate the potential value of routinely measuring or screening for these symptoms in clinical practice outside of a clinical trial setting [15].

Finally, scores on the core HRQoL function scales illustrate that the treatment with the less severe toxicity impact was also associated with a small but detectable improvement in global QoL scores at 3 months after randomization. While this impact is of borderline clinical significance, there is no evidence suggesting that the improvement in PFS observed with CD was at the expense of patients’ overall QoL or their functioning on the main HRQoL domains.

The interpretation of the HRQoL findings in this study is not without some limitations. First, the extent of missing data likely biases estimates of mean improvement in HRQoL with time (because those patients with deteriorating HRQoL scores are more likely to be missing). This bias results in some spurious improvement in mean scores with time in both treatment arms. It is for this reason that we focused on the 3-month end point (for which data were reasonably complete) to estimate the HRQoL benefits of treatment. In addition, we point out that the proportion of patients reporting improved HRQoL status compared with baseline is not biased by the absence of scores from those patients who have deteriorated. Hence, the estimated proportion of patients improved in each domain is less subject to bias in clinical interpretation than is the average improvement across patients. Second, although the study evaluated improvement in baseline symptoms, some baseline symptoms may have been due to previous treatment or comorbid conditions that were not disease related. Our evaluation of patients with baseline scores in excess of 30/100 was undertaken to address the subset of patients who were more likely to have disease-related symptoms. Third, some HRQoL descriptive scales contain several subitems (e.g. chemotherapy side-effects, illustrated in Table 1); hence, changes in the composite scores may be due to changes in any combination of the contributing items. Nonetheless, differences in these composite scale scores between treatments are highly clinically relevant.

conclusions
Treatment of patients with platinum-sensitive ROC with either CP or CD improves patient-reported symptoms of disease in many dimensions. Patient-reported outcomes reflecting toxicity were often higher than corresponding toxicity rates, and more treatment-related symptoms were observed with CP. Treatment with CD was associated with statistically significantly superior global and physical function scores at 3 months; however, the between-arm differences in these scores were of modest clinical significance. These patient-reported outcomes confirm the overall lower toxicity of CD compared with CP and underscore that the improved disease-related outcomes (PFS) yielded by treatment with CD were not achieved at the expense of impaired QoL.

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disclosure

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references