

Evaluating the Unmet Psychological Needs of Young Adults (18-26) with Lynch syndrome

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Individuals with Lynch syndrome face an 80% lifetime risk of colon cancer. Typically, the colon cancer screening starts between 20 and 25 years of age, which coincides with young adulthood, a distinct developmental period between 18 and 25. To date, there has been minimal research on the psychological implications of Lynch syndrome in young adulthood. This study evaluated the perceived cancer risk, familial disruption, impact of results disclosure after genetic testing, and reproductive concerns of young adults with Lynch syndrome. Feelings of uncertainty at the time of genetic test results were a predictor of greater familial disruption and concerns with partner disclosure. Our results suggest that young adults with Lynch syndrome who have greater uncertainty after receiving genetic test results, may benefit from additional social support or counseling. Genetic counselors may consider exploring more in-depth conversations regarding partner disclosure with young adults with Lynch syndrome. With additional research on the unmet needs of young adults with Lynch syndrome, genetic counselors can better adapt their counseling sessions to fit the psychological needs of this distinct group.