Overall, 20 publications reporting on a total of 18 observational studies examining disease complications of MM, including fatigue, bone pain, and anaemia, and economic models. Of these, 16 studies were included in the humanistic burden review and 14 in the economic burden analysis. The remaining studies were excluded due to high levels of unpublished data, low study quality, or impossibility of retrieving data.

**METHODS**

A systematic literature review was conducted to identify existing literature on the humanistic burden associated with MM. The search strategy included electronic databases (PubMed, EMBASE, and MEDLINE) and a combination of search terms to identify relevant studies. The search was limited to studies published in English and focusing on humanistic outcomes in MM, particularly given that the disease is a life-limiting condition.

**RESULTS**

**Humanistic Burden Findings**

Multicountry Myeloma Cases Demonstrated in HRQL and other PROs

Patients with MM had statistically significant poorer HRQL compared to the general population, as measured by the SF-36 (15). The European Organization for Research and Treatment of Cancer (EORTC) QLQ-C30 and EORTC QLQ-MY20 were used to assess HRQL and utilities. Asymptomatic patients and those with milder symptoms also had better HRQL and utilities compared to those who progressed after disease onset.

**Study Characteristics**

- **Overall**: 20 publications reporting on a total of 18 observational studies were included in the review.
- **Methodology**: Studies included retrospective cohort studies, cross-sectional studies, and longitudinal studies.
- **Population**: Patients with MM were included from various countries, including the United States, Germany, and Sweden.
- **Outcome Measures**: HRQL and utilities were assessed using various tools, including the SF-36 and EORTC QLQ-C30.

**Implications**

- The findings highlight the need for effective treatments that both improve HRQL and reduce the economic burden associated with MM.
- The results suggest that patients with MM have poor HRQL and utilities, particularly those who progressed after disease onset.

**REFERENCES**


**RESULTS (CONT'D)**

**Multiple Myeloma Cases Demonstrated in HRQL and other PROs**

Patients with MM had statistically significant poorer HRQL compared to the general population, as measured by the SF-36 (15). The European Organization for Research and Treatment of Cancer (EORTC) QLQ-C30 and EORTC QLQ-MY20 were used to assess HRQL and utilities. Asymptomatic patients and those with milder symptoms also had better HRQL and utilities compared to those who progressed after disease onset.

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**REFERENCES**