

## News From the JAMA Network

### Some Men With Localized Prostate Cancer Regret Surgery

Patients with localized prostate cancer who pursued active treatment, especially surgery, were more likely to express regret than those who chose active surveillance, researchers [reported](#) in *JAMA Oncology*.

The study's authors analyzed treatment-related regret among 2072 men 5 years after they received radical prostatectomy, radiotherapy, or active surveillance. Among patients who chose surveillance, 7% reported regret compared with 11% of those who chose radiotherapy and 16% of those who chose surgery. After adjusting for baseline differences, men who underwent surgery but not radiotherapy were significantly more likely to experience regret than those who received active surveillance.

Patients' functional outcomes—specifically sexual dysfunction—appeared to mediate the association between treatment modality and regret. But a mismatch between patients' treatment expectations and their resulting outcomes was a greater predictor of treatment-related regret than adverse functional outcomes themselves.

Evidence-based counseling to manage patients' expectations and to identify their values and priorities may help reduce regret, the authors suggested.

### An Increase in Adolescent Cannabis Vaping Is Reported

Cannabis vaping is on the rise among adolescents, and more young people appear to be using cannabis oil, which typically has higher  $\Delta$ -9-tetrahydrocannabinol (THC) than herbal cannabis.

A meta-analysis of 17 epidemiological studies involving 198 845 adolescents in the US and Canada found that, across all school grades, the lifetime prevalence of cannabis vaping increased from 6.1% in 2013 to 13.6% in 2020 and the 30-day prevalence increased from 1.6% to 8.4% during the same period. From 2017 to 2020, past 12-month use nearly doubled, from 7.2% to 13.2%.

Limited evidence also suggested that adolescents now prefer the more potent cannabis oil used in vaping devices over the dried herb. The study's authors [reported](#) in

*JAMA Pediatrics* that many youths do not perceive vaping cannabis to be risky. The typical THC concentration is about 70% in cannabis oils compared with 21% in herbal cannabis, the authors noted.



Richard Vogel/AP Images

The potential long-term harms of adolescent cannabis vaping are unknown. However, regular cannabis use in this age group is associated with adverse health outcomes, such as poorer cognitive development, the authors reported.

### Belief in Having Had COVID-19 Linked With Long COVID Symptoms

People who thought they'd been infected with SARS-CoV-2 had more persistent symptoms than those whose infections were confirmed by antibody testing in a recent [study](#).

Researchers analyzed survey data and serology results from 26 823 adults in France. They found no relationship between the participants' belief about whether they'd had COVID-19 and their antibody test results from blood samples collected between May and November 2020. In fact, about half of participants who believed that they'd had COVID-19 tested negative for SARS-CoV-2 antibodies. False-negative results were unlikely to have influenced the associations substantially, according to the authors.

The survey also asked participants about more than 20 symptoms associated with long COVID, including soreness, fatigue, poor concentration, trouble breathing, and chest pain. For most of the categories, a belief in having had COVID-19 was associated with currently

having a symptom that had lasted for more than 8 weeks, after adjusting for age, sex, income, educational level, self-rated health, and depressive symptoms. However, loss of smell was the only long-term symptom associated with a positive serology test after adjustments.

The results "suggest that physical symptoms persisting 10 to 12 months after the COVID-19 pandemic first wave may be associated more with the belief in having experienced COVID-19 infection than with actually being infected with the SARS-CoV-2 virus," the authors wrote in *JAMA Internal Medicine*.

Because another disease may underlie the symptoms that some patients attribute to COVID-19, the authors advised physicians to conduct a medical examination to determine the symptoms' cause.

### Novel Study Tests n-of-1 Trials for Atrial Fibrillation Triggers

In a novel randomized trial, personalized n-of-1 trials investigating atrial fibrillation (AF) triggers [failed to improve quality of life](#) but substantially reduced AF episodes compared with a control group.

All 446 participants in the study published in *JAMA Cardiology* monitored and reported their AF episodes daily using a smartphone-based electrocardiogram recording device. Participants randomized to the n-of-1 trial group also selected an AF trigger such as caffeine or exercise to test. During six 1-week periods randomly assigned in 3 blocks, they either exposed themselves to the trigger or avoided it. They received individualized data about each AF episode and the probability that the tested trigger caused it. Then they were instructed to make lifestyle changes based on the results.

At 10 weeks, both groups completed an AF quality-of-life survey, and the scores did not significantly differ. However, participants in the n-of-1 group reported 40% fewer AF events than the control group during the 4-week follow-up period.

Alcohol was the only trigger associated with a greater number of AF episodes in a meta-analysis of the individual trials. — Anita Slomski

**Note:** Source references are available through embedded hyperlinks in the article text online.