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*primary studies - published RCT*

## **Enhancing self-efficacy for self-management in people with cystic fibrosis.**

**Code:** PM21893709

**Year:** 2011 **Date:** 2011

**Author:** Cummings E

### **Study design (if review, criteria of inclusion for studies)**

randomised, single-blind controlled trial

### **Participants**

people with CF

### **Interventions**

participants were randomised into one of three groups: Control, Mentor-only and Mentor plus mobile phone.

### **Outcome measures**

Analysis and discussion focus on the experiences of participants through a methodology utilising descriptive statistics and semi-structured interviews

### **Main results**

The results highlight the challenges of stimulating self-management behaviours particularly in adolescents and in the evaluation of the role of mobile applications in supporting them.

[http://dx.doi.org/ 10.3233/978-1-60750-806-9-33](http://dx.doi.org/10.3233/978-1-60750-806-9-33)

### **See also**

Studies in health technology and informatics 2011;169:33-7

### **Keywords**

Adolescent; Adult; Caregivers; Child; non pharmacological intervention - psyco-soc-edu-org; Self-Management; Behavioural interventions;