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primary studies - published RCT

# Intravenous versus oral antibiotics for eradication of *Pseudomonas aeruginosa* in cystic fibrosis (TORPEDO-CF): a randomised controlled trial.

**Code:** PM33007285

**Year:** 2020 **Date:**

**Author:** Hewer SCL

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

Randomized controlled trial

## Participants

Adults with cystic fibrosis reporting mild to severe symptoms of depression and/or anxiety

## Interventions

"Coping and Learning to Manage Stress with CF" (CALM). Patients were randomized to receive CALM immediately (immediate, n = 66) or after a 13-week delay (waitlist, n = 66).

## Outcome measures

Depression and anxiety symptoms. Maintenance of treatment gains from baseline to 3-month follow-up

## Main results

Compared to the waitlist group, those that received CALM immediately reported lower depression and anxiety symptoms post-intervention and at 1-month follow-up (ps

## Authors' conclusions

CALM was efficacious for Adults with cystic fibrosis in reducing symptoms of depression, anxiety, and perceived stress while improving coping self-efficacy and vitality with evidence of treatment sustainability. Next steps are dissemination and implementation to CF psychosocial clinicians.

[http://dx.doi.org/10.1016/S2213-2600\(20\)30331-3](http://dx.doi.org/10.1016/S2213-2600(20)30331-3)

## See also

Lancet Respir Med. 2020 Oct;8(10):975-986. doi: 10.1016/S2213-2600(20)30331-3.

## Keywords

Adult; Child; Adolescent; Caregivers; Home; Home Care Services; non pharmacological intervention - psycho-soc-edu-org; telemedicine; Organization;