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primary studies - published RCT

## **Pilot RCT of a telehealth intervention to reduce symptoms of depression and anxiety in adults with cystic fibrosis.**

**Code:** PM34366282

**Year:** 2022 **Date:**

**Author:** Bathgate CJ

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

Pilot RCT

### **Participants**

Adults with cystic fibrosis (awCF)

### **Interventions**

Patients were randomly assigned to either six telehealth sessions (CALM; n = 15) or treatment-as-usual (TAU; n = 16).

### **Outcome measures**

Primary outcomes were depression and anxiety. Secondary outcomes were coping self-efficacy and health-related quality of life (HrQOL). Tertiary outcomes were feasibility, acceptability, and satisfaction. Assessments were completed at baseline, post-intervention, and 3-month follow-up.

### **Main results**

At post-intervention, the CALM group had a lower mean score than the TAU group for depression (medium ES) and anxiety (large ES). The CALM group had higher (i.e., better) mean scores than the TAU group for coping (large ES) and HrQOL domains of Social Functioning (large ES) and Vitality (large ES). Most treatment gains were not sustained at 3-month follow-up. CALM was feasible, requiring

### **Authors' conclusions**

CALM shows promise as an intervention to reduce symptoms of depression and anxiety and improve coping and HrQOL. Next steps are to add a booster session and examine CALM via a multi-site RCT.

<http://dx.doi.org/10.1016/j.jcf.2021.07.012>

### **See also**

J Cyst Fibros. 2022 Mar;21(2):332-338. doi: 10.1016/j.jcf.2021.07.012. Epub 2021 Aug 5.

### **Keywords**

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