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.

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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 - psyco-soc-edu-org; telemedicine; Organization;