primary studies - published RCT

The Effect Of Telerehabilitation On Quality Of Life, Anxiety And Depression In Children With Cystic Fibrosis And Caregivers: A Single-Blind Randomized Trial.

Code: PM35174670 **Year:** 2022 **Date:** **Author:** Kenis-Coskun Ö

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

Randomized controlled trial

Participants

Patients between the ages of 6-13 with CF

Interventions

Study group received an exercise program three times a week via Zoom for 12 weeks.

Outcome measures

Cystic Fibrosis Revised Questionnaire (CFQ-R), Anxiety and Depression Scale in Children-Revised (RCADS) were applied to the patients and State-Trait Anxiety Scale (STAI) and Beck Depression Inventory (BDI) were applied to the caregivers in the beginning and at the end of the program. Patients' FEV1 levels and six-minute walk tests were also measured.

Main results

28 patient-caregiver dyads, 14 dyads in each group, completed the study. The initial mean RCADS-Major depressive disorder score of the patients in the exercise group was 6.21±3.11, and this value decreased to 3.92±3.79 at the end of the study and was significantly better(p

Authors' conclusions

A short-term telerehabilitation program improved patients' anxiety and depression levels, body image and functional status. However caregiver anxiety and depression levels did not change significantly. This article is protected by copyright. All rights reserved.

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See also

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Keywords

adult; telemedicine; non pharmacological intervention - psyco-soc-edu-org; Home; non pharmacological intervention - devices OR physiotherapy; Organization;