primary studies - published RCT

Coping and learning to Manage Stress with cystic fibrosis (CALM): A multisite telehealth randomized controlled trial to reduce depression and anxiety symptoms in adults with cystic fibrosis.

Code: PM39581781 **Year:** 2024 **Date:** **Author:** Bathgate CJ

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/j.jcf.2024.11.002

See also

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Keywords

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