primary studies - published RCT

Stress management reduces severe depression and anxiety symptoms in adults with cystic fibrosis: Results from the coping and learning to manage stress (CALM) intervention.

Code: PM41887978 **Year:** 2026 **Date:** **Author:** Bathgate CJ

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

Randomized controlled trial

Participants

121 adults with cystic fibrosis (AWCF) with severe symptoms of depression and/or anxiety, including those endorsing suicidal ideation.

Interventions

Coping and Learning to Manage Stress with CF (CALM) is a manualized intervention for adults with cystic fibrosis (AWCF).

Outcome measures

Depression (Patient Health Questionnaire; PHQ-9) and/or anxiety (Generalized Anxiety Disorder-7; GAD-7) data. Established cut-points classified participants into four symptom severity groups (normal, mild, moderate, severe) for both depression and anxiety before participating in CALM.

Main results

Pre-CALM depression severity ranged from normal (n = 24) to severe (n = 11), with most participants reporting mild (n = 57) or moderate (n = 29) symptoms. Anxiety severity followed a similar distribution (normal=18; mild=59; moderate=27; severe=16), and 9% of participants reported suicidal ideation. AWCF reporting severe depression and/or anxiety symptoms before starting CALM showed statistically significant reductions in both depression and anxiety at the post, 1-month follow-up, and 3-month follow-up (p

Authors' conclusions

AWCF with severe depression and/or anxiety symptoms showed significant symptom improvement following participation in CALM. This RCT is first to provide evidence of the efficacy of a stress management intervention to effectively treat severe depression and anxiety symptoms in AWCF.

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See also

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Keywords

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