

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.**

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### **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.

<http://dx.doi.org/10.1016/j.jcf.2026.03.015>

### **See also**

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### **Keywords**

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