



Cystic Fibrosis Research News

Title:

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

Lay Title:

Coping and Learning to Manage Stress (CALM): A telehealth intervention to help reduce depression and anxiety symptoms in adults with CF

Authors:

Christina J. Bathgate^{a*}, Elizabeth D. Smith^a, Nora H. Murphy^a, Alexandra L. Quittner^b, Kristin A. Riekert^c, Jennifer L. Goralski^d, & Kristen E. Holm^a

Affiliations:

^a National Jewish Health, Department of Medicine, Denver, CO, USA.

^b Joe DiMaggio Cystic Fibrosis, Pulmonary and Sleep Center, Hollywood, FL, USA.

^c Johns Hopkins School of Medicine, Department of Medicine, Baltimore, MD, USA.

^d University of North Carolina, Department of Medicine, Chapel Hill, NC, USA.

What was your research question?

Does the 6-session telehealth CALM intervention reduce symptoms of depression and anxiety in adults with cystic fibrosis (CF)? Does CALM decrease stress and/or improve coping and health-related quality of life? Are treatment gains from CALM maintained over time?

Why is this important?

Adults with CF are more likely to experience depression and anxiety, which can negatively affect their physical health and overall well-being. Struggling with mental health can also make it harder to stick to treatments, leading to worse outcomes. CALM is a program designed to help manage these challenges by teaching stress management techniques and coping skills. By improving mental health, CALM can be an important part of CF care, helping adults with CF feel better and live healthier, more fulfilling lives.

What did you do?

Cystic Fibrosis Research News

cfresearchnews@gmail.com



Cystic Fibrosis Research News

We enrolled 132 adults with CF, randomly assigning half to receive CALM immediately and the other half to a 13-week waitlist. Both groups completed surveys at baseline, after the immediate group finished CALM, and 1 month later. To assess long-term effects, all participants completed a survey 3 months after CALM. The program consists of six personalized sessions delivered over eight weeks, with a follow-up two months later. Topics include how stress affects the mind and body, thought work, communication, self-care, coping skills, and goal-setting. The sessions are flexible, tailored to individual needs, and aim to improve mental health and well-being.

What did you find?

People who received CALM reported significant improvements in depression, anxiety, stress, coping, and vitality compared to those who were placed on a waitlist. Treatment gains were maintained at a 3-month follow-up, indicating that the positive effects of CALM persist after the program ends. CALM's telehealth format made it easy for participants to access it from home or the hospital. Participants gave high ratings for the program's relevance and overall satisfaction with the treatment.

What does this mean and reasons for caution?

CALM is a promising and effective tool for improving mental health in adults with cystic fibrosis. By addressing depression, anxiety, and stress through a flexible, accessible telehealth intervention, CALM helps participants build stronger coping skills and improve their emotional well-being. This program has shown significant success and is poised for broader implementation in CF care centers.

What's next?

Researchers are focused on making CALM available to a wider group of adults with CF, with plans to train mental health professionals at CF centers to deliver the program. There is also interest in adapting the program for people with CF-related conditions, like CFRD or lung transplant.

Original manuscript citation in PubMed

<https://pubmed.ncbi.nlm.nih.gov/39581781/>