

Efficacy of brief person-centered cognitive behavioral therapy to facilitate self-management for patients with rheumatoid arthritis: a mixed methods case series feasibility study

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The psychological consequences of living with rheumatoid arthritis (RA) are common. The objectives of this study were: (i) to investigate views of patients with RA about the provision of psychological support; (ii) to study the efficacy of a person-centred cognitive behavioural therapy (CBT) self-management approach, including a health economic investigation. A mixed method was applied: a formative qualitative interview study and a quantitative CBT intervention formed the case series feasibility study design, including a health economic investigation. The qualitative study highlighted that patients welcome emotional support. The CBT intervention from a small sample suggested that participants may have benefitted from the intervention at the endpoint of the follow-up. The results of the economic component need to be interpreted with caution in relation to service gaps. A broad approach in the delivery of a psychological intervention may benefit patients with long-term conditions. The practice implications are that RA patients may benefit from psychological interventions to cope better with their condition through personal intervention, and a flexible appointment system. Intervention studies need to test this question in detail in the future.