

An investigation into the psychosocial challenges and quality of life in an adult Cystic Fibrosis population

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Objectives: Patient views and experiences about the psychosocial challenges faced as an adult with CF were investigated alongside the impact on both health and wellbeing. There will also be a focus upon the approach and attitude taken towards such challenges, exploring the roles of mindfulness and self-compassion. These methods intend to inform the development of future interventions which aim to improve the quality of life for the adult CF population.

Methods: 20 patients were either recruited as an outpatient or an inpatient from two regional adult CF centres over a three-month period. Semi-structured interviews were conducted either in a private room at the centre in which the CF patient attends or if preferred via telephone and was recorded using an audio-recording device. On average the interviews lasted for 40 minutes. Demographics and spirometry results (FEV1% predicted, FVC), body weight, body mass index (BMI), current medications and comorbidities were recorded.

Results: [ongoing – will be ready by June]

Conclusions: [ongoing – will be ready by June]