



# WONCA 2024

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# Effectiveness of Individual Psychotherapy and family counseling in decreasing the stigma, strengthening the resilience and family functions of patients with Leprosy in tertiary hospitals: A randomized controlled open-label clinical trial

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# Disclosures

I have no financial disclosure and no conflicts of interest related to the presented content of this speech.



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# INTRODUCTION

- Hansen's disease (leprosy) is one of the most stigmatized skin disorders globally
- Leprosy leads to significant psychological and social issues, including stigma and discrimination.
- Stigma associated with leprosy can result in social isolation and decreased quality of life for patients.
- Existing Leprosy services are primarily focused on disease surveillance and medical treatment
- Multilevel intervention is generally more effective than single-level intervention:
  - Individual counseling
  - Family counseling
- Purpose of study:
  - Assess impact of the interventions on stigma and resilience and family functioning

# METHODS

## *Study Design and Study Area*

- Randomized, controlled, open label
- Measures the following:
  - Level of stigma
  - Resilience
  - Family function
- Treatment arms:
  - No intervention
  - Individual psychotherapy alone
  - Individual psychotherapy and family counselling

## *Description of the Intervention*

- Intervention has 5 sessions within 8 week period
- Conducted by skilled board diplomate family physician with 2 year experience in teleconsultation and psychosocial intervention
- Topics:
  - Resilience
  - Positive thinking
  - Accepting changes and interaction with peers
  - Beliefs and faith, and finding meaning
  - Relationship

# METHODS

## *Sampling Method*

- Participants
  - Patients age 19 and above from leprosy patients of 2 institutions
  - Completed with a regular follow up consult of at least every 3 months
  - With access to online platforms
  - Patients with mental disorders and who lived alone excluded
- Desired sample size: 21 (using G\*power)
- Randomly assigned using fishbowl method

## *Data Collection*

- Validated tools used for before and after intervention:
  - SARI assessment for stigma
  - CD-RISC-25 for resilience
  - APGAR family tool

## *Statistical tool*

- Wilcoxon Signe Rank Test
- Paired t-test
- One-way Anova
- Alpha level used: 0.05
- Tool used: IBM SPSS 26



# RESULTS

## *Demographics*

- Number of participants: 23
  - no intervention: 8
  - Individual psychotherapy: 7
  - Family counseling: 7
  - 4 drop outs
- Majority are between 19 to 39 years old
- Majority diagnosed with multibacillary leprosy
- 47.83% have completed treatment
- 78.26 have no deformity



# RESULTS AND DISCUSSION

## *Stigma*

What's measured	Results (Before and After treatment)	Discussion	Remarks
✓ SARI (Stigma Assessment and Reduction of Impact)	✓ All stigma levels declined but not significantly different from each other (p-value = 0.916)	✓ Counselling probably had an impact ✓ Patients with no treatment might have received health education	✓ Variation in result due to patient's unique perspective of the condition and positive coping ✓ Clear information lessens negative effects of leprosy's stigma



# RESULTS AND DISCUSSION

## *Resilience*

What's measured	Results (Before and After treatment)	Discussion	Remarks
✓ The Connor-Davidson Resilience Scale 25	<ul style="list-style-type: none"><li>✓ Psychotherapy alone significantly increased resilience (<math>p = 0.0037</math>).</li><li>✓ Psychotherapy combined with family counseling showed increase, but not significant. (<math>p = 0.220</math>)</li><li>✓ Resilience dropped by 0.32 in the no-intervention group.</li></ul>	✓ Ability to express feelings freely without judgement in individual psychotherapy	✓ Consistent with previous research that counselling improve resilience

# RESULTS AND DISCUSSION

## *Family Function and Support*

What's measured	Results (Before and After treatment)	Discussion	Remarks
✓ Family APGAR (Adaptability, Partnership, Growth, Affection, Resolve)	✓ No intervention – increase in family APGAR (p value = 0.042)	✓ Intrinsic characteristic of Filipino Families ✓ Adaptive nature of Filipino family ✓ Tight bonds	✓ Findings could be due to chance

## ***Limitations of the Study***

- Limited sample size
- Short duration
- No investigation between relationship of intervention and demographic and clinical characteristics
- Online consultation limitations

## ***Recommendations***

- Large-scale efficacy trial
- Using rights-based strategy
- More individualized approach
- Exploring domains of stigma
- Multispecialty care

# CONCLUSION

- Individual Psychotherapy significantly increased the resilience of leprosy patients through:
  - Education
  - Promotion of positive thinking
  - Change-adaptation techniques
  - Spiritual exploration
- Individual psychotherapy with or without family counselling has the potential to have the following effects on leprosy patient care:
  - Decrease stigma
  - Increase resilience
  - Enhance family support



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# Thank you

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