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| Reducing psychological symptoms in severe asthma: desired model of care |
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| **Introduction/Aim:** The treatable traits approach to management of severe asthma includes assessment of symptoms of anxiety and depression, however specific components of a targeted intervention to improve these symptoms are unknown. We aimed to understand key non-pharmacological components of a desired model of care informed by adults with severe asthma and symptoms of anxiety and/or depression.**Methods:** Adults (N=20) with severe asthma and symptoms of anxiety and/or depression (determined by Hospital Anxiety and Depression Scale subscores of ≥8 on either scale) participated in a face-to-face or telephone semi-structured interview. Data analysis was undertaken using a hybrid approach utilising frequency content analysis, and inductive thematic analysis.**Results:** Participants had a mean ± SD age of 57.7±14.8 years and two exacerbations in the past year. ICS dose (beclomethasone equivalent) reported at (median) 2000 µg/day. Maintenance use of OCS was 15% amongst participants, with 65% currently prescribed biological therapy. Participants had moderate levels of worry (PSWQ median [Q1,Q3] scores = 54.5 [35, 71]), and low degrees of resilience (RS25 scores = SD 119 ± 21.4). Participants were fatigued (FAS scores = SD 28.5 ± 5.1) and suffering moderate insomnia (ISI scores = SD 14.8 ± 4.6) respectively. Interviews identified a desire for non-pharmacological interventions that improve overall QoL. Interventions are preferably delivered face-to-face, on a weekly basis, for a duration of one hour. Support groups, yoga, meditation and breathing exercises/techniques were most desired. **Conclusion:**These data can inform a model of care to support a treatable traits approach to management in severe asthma clinics. Development of the model and studies to test the efficacy are now needed.**Grant Support:** This study was funded through a Seed Grant from the National Health and Medical Research Council Centre for Research Excellence in Severe Asthma, Australia and The University of Newcastle Postgraduate Research Scholarship. |