

A self-help intervention for people with pulmonary hypertension who **struggle with anxiety**



INTRODUCTION

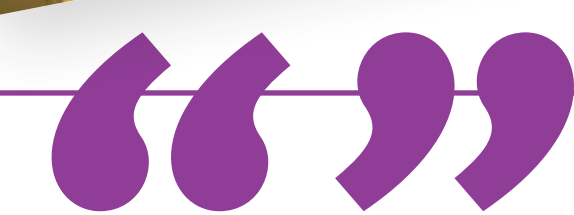
Pulmonary hypertension (PH) is a rare, life-limiting condition that causes high blood pressure in the pulmonary arteries. It has a high symptom burden and patients often experience problematic levels of anxiety ^{(1) (2)}

We developed this four-week self-management programme with clinical psychologists to help patients manage their anxiety at home.

‘Overcoming Worry & Anxiety’ is a series of four workbooks, using Cognitive Behavioural Therapy (CBT) techniques. Designed to be completed over four weeks, it can also be revisited by patients whenever they need it.

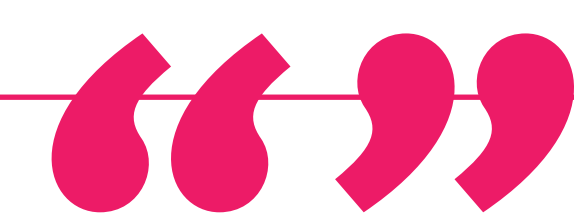
The programme was tested with people with PH as part of a randomised control trial ⁽³⁾ and it is now available free of charge to anyone in the UK with PH.

This is the world’s first self-help intervention designed specifically for people with pulmonary hypertension who struggle with anxiety.



*“There can be numerous barriers to getting support for anxiety in PH. This could be because of long waiting lists or services not being available, or because people feel uncomfortable talking about their difficulties, or worried that their PH won’t be understood. **For these reasons, we wanted to develop an intervention that people can access immediately and complete in the comfort of their own home.**”*

Dr Gregg Rawlings, who led the development of the programme in association with the PHA UK



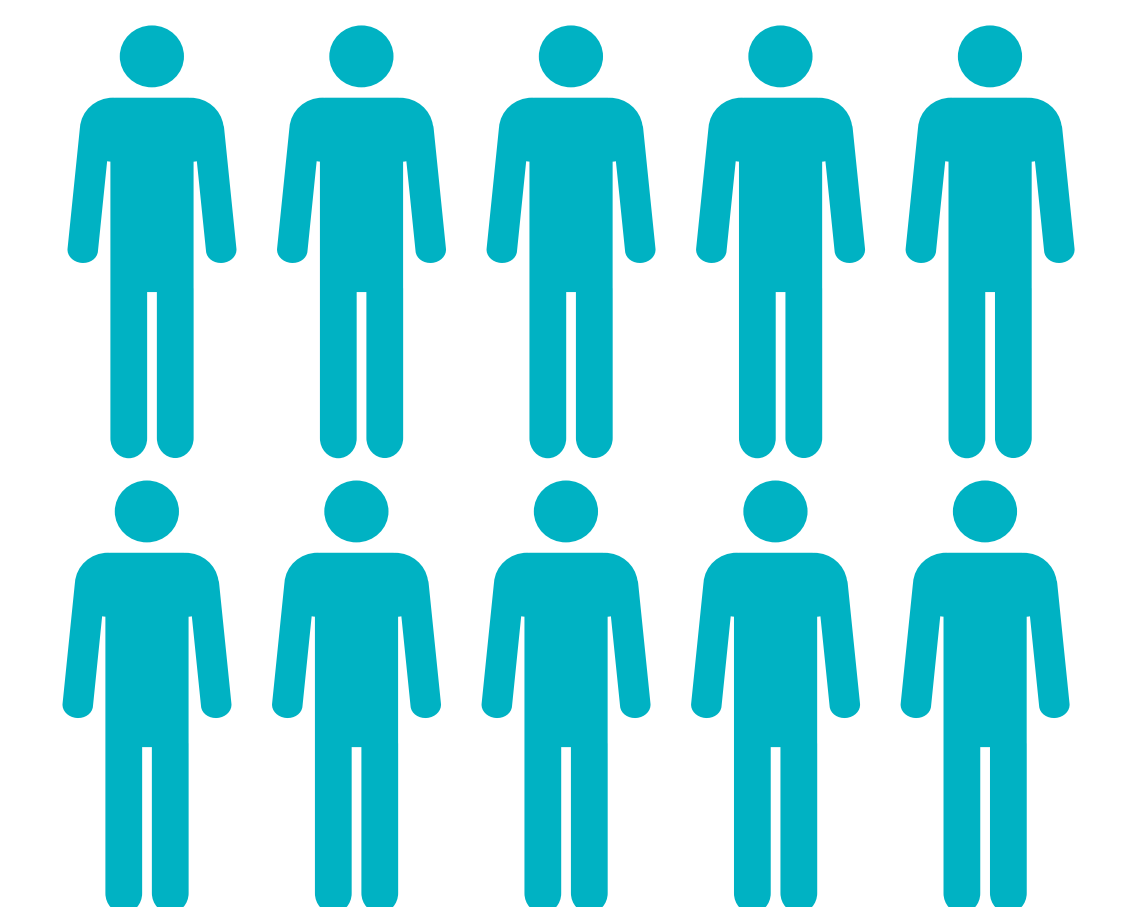
*“When I received the booklets, I was determined to get the best out of them. I cannot express my gratitude enough. **The clear explanations and easy-to-use strategies to cope with anxiety have been life-changing.**”*

PHA UK member

Pilot Randomised Controlled Trial results⁽³⁾

100%

of people who completed the programme said it helped them with their anxiety



88%

said they felt more in control of their anxiety



90%

valued that the intervention was focused on PH



WHAT NEXT?

Following the success of this intervention, we are now collaborating with psychologists to produce similar self-management resources to help PH patients with **depression**. Following a systematic review⁽⁴⁾ we are also supporting a study into **self-compassion**, and how this may help caregivers in the PH community.

For more information email office@phauk.org, visit www.phauk.org or scan the code



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