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EFFECT OF ADD-ON “SELF MANAGEMENT AND BEHAVIOR MODIFICATION” EDUCATION ON SEVERITY OF CHRONIC PULMONARY OBSTRUCTIVE DISEASE

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Background: COPD is a chronic and plenty disease and one of the important causes of morbidity and mortality in the world with restrict available medical treatments. The objective of this study was to assess whether psycho-educational plans (self management and behavior modification) administered in primary care have beneficial effects on symptoms of patients with COPD.

Material and methods: The study was a prospective, unblinded, randomized controlled trial of usual care vs. usual care plus structured education on the use of 8 sessions of “self management and behavior modification” group education: a simple educational package on life style modification and assumption of special behaviors in different situation of disease. The study was conducted in 2 educational hospitals (Khorshid & Alzahra) in Isfahan, Iran. Participants were 40 patients with COPD randomized into control or intervention groups. The primary outcome measure was change in severity of COPD symptoms that measured with Clinical COPD Questionnaire (CCQ). The data were analyzed with spss software and statistic examination called Ancova-Reapted measure and Mancova-Reapted measure.

Results: Self management and behavior modification education were associated with significant higher decrease in mean score of CCQ in symptom, functional state and mental state domains but had no effect on change in mean score of CCQ-Total.

Conclusions: Mean score of CCQ in symptom, functional state and mental state domains was lower in the intervention group but there was no difference in mean score of CCQ-Total due to “self-management and behavior modification” plans.