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The Effectiveness of Cognitive Behavioral Therapy on Management of Symptoms in Rheumatoid Arthritis Patients

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Rheumatoid arthritis is an autoimmune, systemic, inflammatory condition causing pain and inflammation primarily in the joints of the hands and feet.

- Prevalence of RA is 0.5% - 1.1% of the total world population
- Psychological factors consistently predicted more of the variance in disability than did disease activity

Cognitive Behavioral Therapy (CBT): Mental techniques of situation and assumption appraisal, in which patients identify thoughts, assess their validity, and try to replace them with more realistic and positive viewpoints. CBT also encourages altered perceptions that influence behavior and encourages more mindful behavior

**EVIDENCE-BASED PRACTICE QUESTION**

**Question:** In Rheumatoid Arthritis patients, what is the effect of CBT with pharmacological therapy compared to pharmacological therapy without CBT on management of symptoms?

**PATIENT CARE ISSUE**

**Rheumatoid Arthritis (RA):** Rheumatoid arthritis is an autoimmune, systemic, inflammatory condition causing pain and inflammation primarily in the joints of the hands and feet.

- Prevalence of RA is 0.5% - 1.1% of the total world population
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**EVIDENCE-BASED PRACTICE RECOMMENDATIONS**

- The Iowa Model of Evidence-Based Practice to Promote Quality of Care was used as the guiding framework for this review of literature
- Research evaluating the long-term effects, overall quality of life, and maintenance therapy related to CBT should be explored further
- It could be beneficial in clinical practice to incorporate CBT approaches into patient education programs that aim to enhance self-management
- Research strongly suggests looking further into CBT as a type of adjunct therapy for RA

**LIMITATIONS**

- Self-reporting of symptoms and inconsistent blinding measures resulted in challenges to determine exact effects of each intervention
- Problematic to compare the reduction of symptoms when the articles varied in methods, time frames, and which symptoms were tested/reported
- Occurrences of homogeneity or small sample size in articles

**REFERENCES**

5. "Psychological Interventions for Rheumatoid Arthritis: Examining The Role Of Self Management.