

Research Award: Reducing Worry in Asthma Patients (REWRAP).

Awarded to: Ben Ainsworth **Amount:** £6,272

Lay summary

We increasingly understand that asthma doesn't just affect people's lungs, but also causes stress and anxiety that affects people's lives – people with asthma are 6 times more likely to suffer from anxiety than people without asthma.

Recently, research has looked at how 'psychological' treatments can help – such as cognitive behavioural therapy (CBT), mindfulness & breathing retraining. In general, these treatments can help – but they aren't for everyone, and they don't always work. This may be because they are often 'off the-shelf' psychological treatments, and aren't specifically designed to help people with asthma.

To find out what makes an effective treatment, we want to find out how treatments like mindfulness and breathing training impact the stress and anxiety that is such an important part of people's asthma. In particular, do these treatments make people feel better or reduce the worries that people with asthma have about their breathing? Does reducing worry mean that people with asthma can enjoy a better quality of life? And if someone isn't worried, can we provide a 'protective' effect to help people if/when stressful events occur?

Using a psychological study that has successfully been trialled in people without asthma, a multidisciplinary team made up of psychologists, respiratory physicians and physiotherapists will see how practicing mindfulness or breathing retraining can reduce worrying in people with asthma who are randomly allocated to one of these interventions (or a control). This will help us understand the relationship between anxiety and asthma, and how psychological treatments can help it.
