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Literature search results

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Search details

Fibromyalgia and group condition management and patient education vs. individual condition management and patient education

Resources searched

NICE Evidence; TRIP Database; Cochrane Library; AMED; CINAHL; MEDLINE; Google Scholar

Database search terms: fibromyalgia, exp FIBROMYALGIA, (group* OR peer*), ("one to one" OR "one on one" OR "1 to 1" OR "1 on 1" OR 1-1 OR individual OR self), (manag* OR support* OR cope OR coping OR therap* OR treatment* OR education)

Evidence / Google Scholar search string(s): fibromyalgia (group OR peer OR “one to one”) (support OR management OR education OR therapy OR coping)

Guidelines and Policy

Nothing found

Evidence Reviews
### Published Research – Databases

**Randomized controlled trial of a therapeutic intervention group in patients with fibromyalgia syndrome.**

**Author(s)** Martins MR, Gritti CC, dos Santos Junior R, de Araujo MC, Dias LC, Foss MH, de Andrade LB, Rocha CE

**Citation:** Revista Brasileira de Reumatologia, May 2014, vol./is. 54/3(179-84), 0482-5004;1809-4570 (2014 May-Jun)

**Publication Date:** May 2014

**Abstract:** OBJECTIVE: To evaluate the efficacy of a weekly interdisciplinary program (WIP) consisted of educational activities, physical therapy, stretching, ergonomics, posture guidance combined with cognitive behavioral strategies and approaches to psychosocial and occupational factors in order to determine whether this intervention would be effective to short and medium-term improvement of symptoms in these patients.

**METHODS:** This was a single-center study, randomized single blind controlled trial with a sample test group (T), with a diagnosis of FMS (n = 12), and a control group (C) subjected to Pain Clinic referral (n = 15). The instruments used at two different times were the Fibromyalgia Impact Questionnaire (FIQ), Visual Analogue Scale (VAS) and Post-Sleep Protocol (PSI).

To assess quality of life, we used the SF-12.

**RESULTS:** In samples, both groups were predominantly female, mean age of 42.5 +/- 9.8 years, 43% married, average schooling of 8.3 +/- 4.5 years. It was reported a mean of 4.2 years pain and an average of two years for the diagnosis of SFM from the group T.

There was statistical difference between the groups in terms of efficacy post intervention WIP, in almost all outcome measures.

**CONCLUSION:** It was found that weekly interdisciplinary program (WIP) has contributed to improving the quality of life of patients with fibromyalgia.

**Source:** Medline

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**Effectiveness of group acceptance and commitment therapy for fibromyalgia: a 6-month randomized controlled trial (EFFIGACT study).**


**Citation:** Pain, April 2014, vol./is. 155/4(693-702), 0304-3959;1872-6623 (2014 Apr)

**Publication Date:** April 2014

**Abstract:** In the last decade, there has been burgeoning interest in the effectiveness of third-generation psychological therapies for managing fibromyalgia (FM) symptoms. The present study examined the effectiveness of acceptance and commitment therapy (ACT) on functional status as well as the role of pain acceptance as a mediator of treatment outcomes in FM patients. A total of 156 patients with FM were enrolled at primary health care centers in Zaragoza, Spain. The patients were randomly assigned to a group-based form of ACT (GACT), recommended pharmacological treatment (RPT; pregabalin + duloxetine), or wait list (WL). The primary end point was functional status (measured with the Fibromyalgia Impact Questionnaire, FIQ). Secondary end points included pain catastrophizing, pain acceptance, pain, anxiety, depression, and health-related quality of life. The differences between groups were calculated by linear mixed-effects (intention-to-treat approach) and mediational models through path analyses. Overall, GACT was statistically superior to both RPT and WL immediately after treatment, and improvements were maintained at 6 months with medium effect sizes in most cases. Immediately after treatment, the number needed to treat for 20% improvement compared to RPT was 2 (95% confidence interval 1.2-2.0), for 50% improvement 46, and for achieving a status of no worse
than mild impaired function (FIQ total score <39) also 46. Unexpectedly, 4 of the 5 tested path analyses did not show a mediation effect. Changes in pain acceptance only mediated the relationship between study condition and health-related quality of life. These findings are discussed in relation to previous psychological research on FM treatment. Copyright © 2013 International Association for the Study of Pain. Published by Elsevier B.V. All rights reserved.

**Source:** Medline
Available in print at Pilgrim Hospital Staff Library

**Contributions of a group-based exercise program for coping with fibromyalgia: a qualitative study giving voice to female patients.**

**Author(s)** Beltran-Carrillo VJ, Tortosa-Martinez J, Jennings G, Sanchez ES

**Citation:** Women & Health, 2013, vol./is. 53/6(612-29), 0363-0242;1541-0331 (2013)

**Publication Date:** 2013

**Abstract:** Numerous quantitative studies have illustrated the potential usefulness of exercise programs for women with fibromyalgia. However, a deeper understanding of the physical and especially psychosocial benefits of exercise therapy from the subjective perspective of this population is still needed. This study was conducted with 25 women who had fibromyalgia and were participating in a nine-month, group-based exercise program. The aim was to provide an in-depth description and analysis of the perceived physical and psychosocial benefits of participation. Qualitative data were collected through observation, interviews, and focus groups. The exercise program not only alleviated the physical symptoms of fibromyalgia, but social interactions within the group helped to counteract the isolation, frustration, and depression often associated with this chronic condition. The data from this study may contribute to a deeper understanding of the benefits of exercise for women with fibromyalgia and might be useful for the improvement of future exercise programs for this population.

**Source:** Medline

**Exploring online support spaces: using cluster analysis to examine breast cancer, diabetes and fibromyalgia support groups.**

**Author(s)** Chen AT

**Citation:** Patient Education & Counseling, May 2012, vol./is. 87/2(250-7), 0738-3991;1873-5134 (2012 May)

**Publication Date:** May 2012

**Abstract:** OBJECTIVE: This study sought to characterize and compare online discussion forums for three conditions: breast cancer, type 1 diabetes and fibromyalgia. Though there has been considerable work examining online support groups, few studies have considered differences in discussion content between health conditions. In addition, in contrast to the extant literature, this study sought to employ a semi-automated approach to examine health-related online communities.METHODS: Online discussion content for the three conditions was compiled, pre-processed, and clustered at the thread level using the bisecting k-means algorithm.RESULTS: Though the clusters for each condition differed, the clusters fell into a set of common categories: Generic, Support, Patient-Centered, Experiential Knowledge, Treatments/Procedures, Medications, and Condition Management.CONCLUSION: The cluster analyses facilitate an increased understanding of various aspects of patient experience, including significant emotional and temporal aspects of the illness experience.PRACTICE IMPLICATIONS: The clusters highlighted the changing nature of patients' information needs. Information provided to patients should be tailored to address their needs at various points during their illness. In addition, cluster analysis may be integrated into online support groups or other types of online interventions to assist patients in finding information. Copyright © 2011 Elsevier Ireland Ltd. All rights reserved.
Multicomponent cognitive-behavioral group therapy with hypnosis for the treatment of fibromyalgia: long-term outcome.

Author(s): Castel A, Cascón R, Padrol A, Sala J, Rull M
Citation: Journal of Pain, 01 March 2012, vol./is. 13/3(255-265), 15265900
Publication Date: 01 March 2012
Abstract: This study compared the efficacy of 2 psychological treatments for fibromyalgia with each other and with standard care. Ninety-three patients with fibromyalgia (FM) were randomly assigned to 1 of the 3 experimental conditions: 1) multicomponent cognitive-behavioral therapy (CBT); 2) multicomponent CBT with hypnosis; and 3) pharmacological treatment (standard care control group). The outcome measures of pain intensity, catastrophizing, psychological distress, functionality, and sleep disturbances were assessed before treatment, immediately after treatment, and at 3- and 6-month follow-up visits. CBT and CBT with hypnosis participants received the standard pharmacological management plus 14 weekly, 120-minute-long sessions of psychological treatment. All but 1 session followed a group format; the remaining session was individual. The analyses indicated that: 1) patients with FM who received multicomponent CBT alone or multicomponent CBT with hypnosis showed greater improvements than patients who received only standard care; and 2) adding hypnosis enhanced the effectiveness of multicomponent CBT. This study presents new evidence about the efficacy of multicomponent CBT for FM and about the additional effects of hypnosis as a complement to CBT. The relevance and implications of the obtained results are discussed. PERSPECTIVE: This article highlights the beneficial effects of adding hypnosis in a multicomponent cognitive-behavioral group treatment of fibromyalgia patients. Also, this research showed that by adding hypnosis the length of treatment did not increase.

Effects of a one week multidisciplinary inpatient self-management programme for patients with fibromyalgia: a randomised controlled trial.

Author(s): Hamnes B, Mowinckel P, Kjeken I, Hagen KB
Citation: BMC Musculoskeletal Disorders, 2012, vol./is. 13/(189), 1471-2474;1471-2474 (2012)
Publication Date: 2012
Abstract: BACKGROUND: Self-management programmes (SMP) are recommended for patients with fibromyalgia. The purpose of this study was to evaluate effects of a one week multidisciplinary inpatient self-management programme on psychological distress, skills as a consumer of health services, self-efficacy, and functional and symptomatic consequences of fibromyalgia (FM).METHODS: A randomised controlled two-armed, assessor-blinded trial with three-week follow-up to evaluate SMP. Primary outcomes were the General Health Questionnaire (GHQ-20) and the Effective Musculoskeletal Consumer Scale (EC-17), while secondary outcomes included the Fibromyalgia Impact Questionnaire (FIQ) and Self-efficacy scales for pain, function and symptoms (ASES).RESULTS: 150 patients with FM were randomised to one week one SMP (n=75) or to a waiting list control group (n=75). Of these, 58 participants in the treatment group and 60 in the control group completed the study. At three weeks’ follow up there was a significant difference in EC-17 (0-100) in favour of the treatment group (mean difference 4.26, 95 CI 0.8 to 7.7, p=0.02). There were no differences between the groups for any of the other outcomes.CONCLUSION: This study shows that in patients with FM the SMP had no effect on psychological distress, functional and symptomatic consequences and self-efficacy, except for a small short-term effect on skills and behaviour that are important for managing and participating in health care (EC-17). Clinical Trials.gov Id: NCT01035125.TRIAL REGISTRATION: Clinical Trials.gov Id: NCT01035125.
Determinants of engagement in face-to-face and online patient support groups.

**Author(s)** Van Uden-Kraan CF, Drossaert CH, Taal E, Smit WM, Bernelot Moens HJ, Van de Laar MA

**Citation:** Journal of Medical Internet Research, 2011, vol./is. 13/4(e106), 1438-8871:1438-8871 (2011)

**Publication Date:** 2011

**Abstract:** BACKGROUND: Although peer-to-peer contact might empower patients in various ways, studies show that only a few patients actually engage in support groups.

OBJECTIVE: The objective of our study was to explore factors that facilitate or impede engagement in face-to-face and online peer support, using the theory of planned behavior (TPB).

METHODS: A questionnaire was completed by 679 patients being treated for arthritis, breast cancer, or fibromyalgia at two Dutch regional hospitals.

RESULTS: Our results showed that only a minority of the respondents had engaged in organized forms of peer support. In total 10% (65/679) of the respondents had engaged in face-to-face meetings for patients in the past year. Only 4% (30/679) of the respondents had contact with peers via the Internet in the past year. Patients were more positive about face-to-face peer support than about online peer support (P < .001). In accordance with the TPB, having a more positive attitude (P < .01) and feeling more supported by people in the social environment (P < .001) increased the intention to participate in both kinds of peer support. In addition, perceived behavioral control (P = .01) influenced the intention to participate in online peer support. Nevertheless, the intention to engage in face-to-face and online peer support was only modestly predicted by the TPB variables (R(2) = .33 for face-to-face contact and R(2) = .26 for online contact).

CONCLUSION: Although Health 2.0 Internet technology has significantly increased opportunities for having contact with fellow patients, only a minority seem to be interested in organized forms of peer contact (either online or face-to-face). Patients seem somewhat more positive about face-to-face contact than about online contact.

**Source:** Medline
Available in **fulltext** from **Journal of Medical Internet Research** at EBSCOhost
Available in **fulltext** from **Journal of Medical Internet Research** at Directory of Open Access Journals
Available in **fulltext** from **Journal of Medical Internet Research** at National Library of Medicine
domains of experienced peer support; permission to talk, need of information, reciprocity and self-evaluation through comparison. The meanings ascribed to peer support were mainly positive, although the participants also expressed thoughts about fear of future, hopelessness and mental health issues.

**CONCLUSIONS:** Long-term fibromyalgia patients saw peer support as an impetus to an ongoing process of reconstruction of identity, illness acceptance and coping with fibromyalgia.

**PRACTICE IMPLICATIONS:** In addition to up-dating their knowledge about fibromyalgia and its treatment, long term patients may need arenas where they can share and compare their experiences to those of other patients with a long history of fibromyalgia.

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Source: Medline

Just world beliefs moderate the relationship of pain intensity and disability with psychological distress in chronic pain support group members.

**Author(s)** McParland JL, Knussen C

**Citation:** European Journal of Pain, January 2010, vol./is. 14/1(71-6), 1090-3801;1532-2149 (2010 Jan)

**Publication Date:** January 2010

**Abstract:** The impact of pain beliefs on coping and adjustment is well established. However, less is known about how beliefs unrelated to pain might impact upon this experience. In particular, just world beliefs could impact upon and be influenced by chronic pain, given that pain is not experienced in a vacuum but instead is experienced in a social context where justice issues are potentially salient. The focus of this study was the ability of personal and general just world beliefs to moderate the relationships psychological distress held with pain intensity and disability in chronic pain. The sample (N=95) was recruited from members of arthritis and fibromyalgia support groups to investigate these social beliefs in a controlled community pain context. A cross-sectional, questionnaire design was adopted. The personal just world belief was endorsed significantly more than the general just world belief, and endorsement of the personal just world belief was negatively correlated with pain intensity, disability and psychological distress, while the general just world belief was unrelated to these variables. When interaction terms relating to personal and general just world beliefs were entered simultaneously into regression analyses, the personal just world belief did not predict psychological distress. However, pain intensity positively predicted psychological distress at low but not high levels of the general just world belief, while disability predicted psychological distress at low and high levels of this belief. This suggests that a strong general just world belief has implications for psychological well-being in chronic pain, and as such this belief may occupy a potential coping function in this context.

Source: Medline

Patient-initiated online support groups: motives for initiation, extent of success and success factors.

**Author(s)** van Uden-Kraan CF, Drossaert CH, Taal E, Seydel ER, van de Laar MA

**Citation:** Journal of Telemedicine & Telecare, 2010, vol./is. 16/1(30-4), 1357-633X;1758-1109 (2010)

**Publication Date:** 2010

**Abstract:** We studied the success and success factors of online support groups (OSGs) for patients, and the motives and goals of people who start such groups. We interviewed 23 webmasters of OSGs for patients with breast cancer, fibromyalgia and arthritis. The majority were women (n = 20) and most were patients (n = 21). Analysis of the interviews revealed that webmasters had altruistic and intrinsic motives for initiating an online support group. They defined success as the fulfillment of the goals they had in mind when they initiated their groups. To be able to make a group successful, decisions about its organization and
management need to be coherent with these goals. Most webmasters stressed that promoting the group, keeping it alive and moderating the messages were vital success factors during the evolution stage. Management of the OSGs took up much of the webmasters' time and energy. On average webmasters were occupied with the group for 10-15 hours a week. Our study provides an overview of the pros and cons of differing decisions that have to be made when initiating an OSG.

Source: Medline
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