

CF TELEHEALTH TALK THERAPY STUDY

**STUCK AT HOME?
FEELING ANXIOUS, DEPRESSED,
BORED, NUMB?
TRY A TELEHEALTH STUDY
DESIGNED FOR CYSTIC FIBROSIS!**

What's Involved?

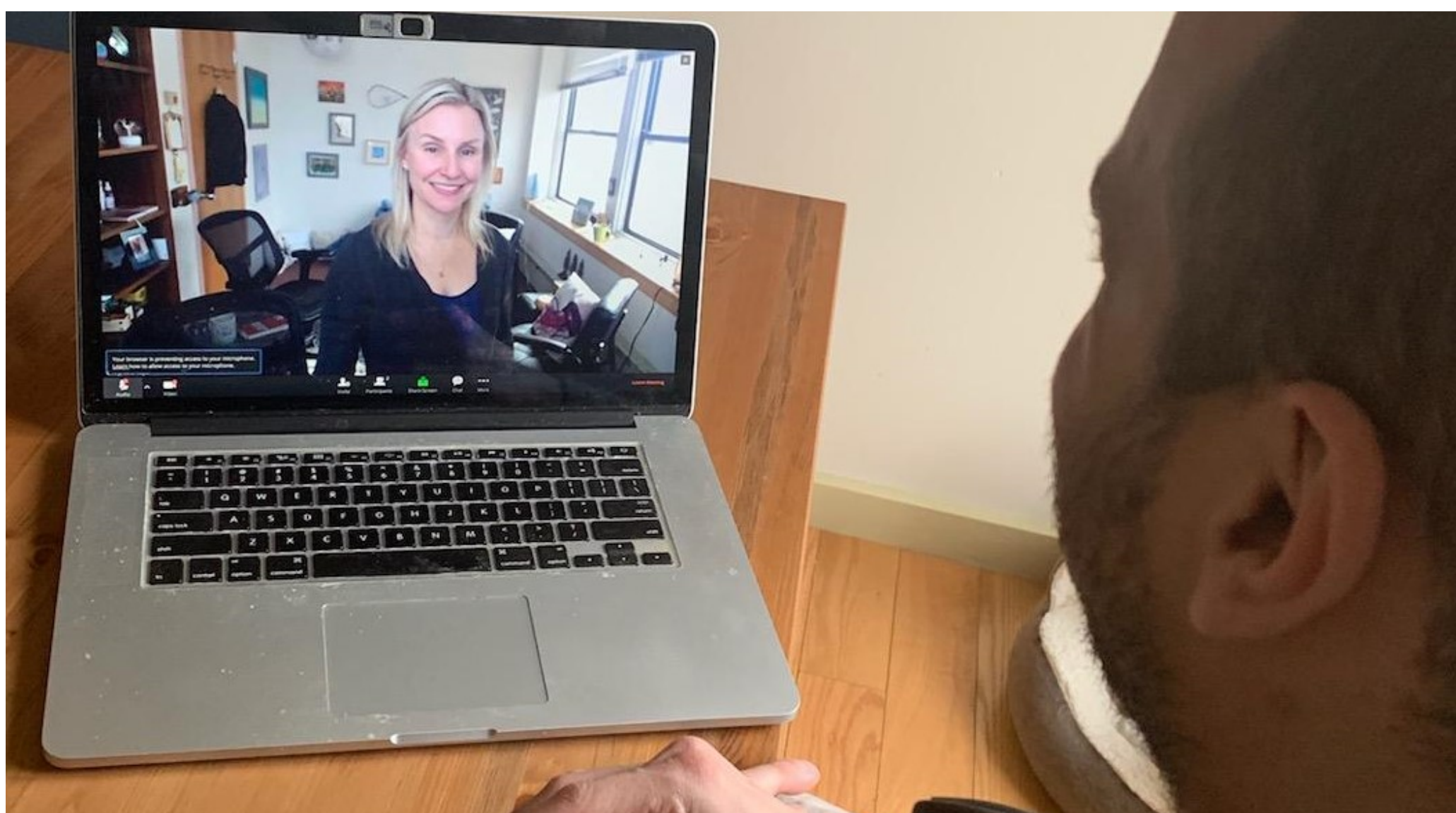
- 6 talk-therapy sessions, 50 minutes each, once a week
- Delivered via zoom webcam
- Participants are randomly assigned, like by a flip of a coin, to one of two talk therapies
- Fill out some questionnaires before & after treatment

Who can Participate?

- People with CF ages 18+
- Able to read/understand English
- Some symptoms of anxiety and/or depression.

"Mental health has been overlooked for far too long in cystic fibrosis, and though it is now widely understood that mental health issues are prevalent in the CF community, the Boomer Esiason Foundation is proud to be supporting an intervention that will directly support patients and families experiencing such issues."

-Gunnar Esiason



**CONTACT US
TODAY!**

*Questions?
Want to sign up?
Easy: just email*

Chelsi.nurse@jefferson.edu

CF PATIENT FEEDBACK

• "ACT WITH CF IS VERY DIFFERENT FROM OTHER METHODS I HAVE TRIED AND FAILED"

• "PRACTICAL & EASY TO FIT INTO EVERYDAY LIFE"

• "DOING ACT WITH CF WAS THE FIRST TIME I FELT LIKE A THERAPIST UNDERSTOOD ME. ACT IS ALL ABOUT LIVING A MEANINGFUL LIFE AND BEING WILLING TO SIT WITH THE DISCOMFORT THAT COMES ALONG WITH LIFE, AND ESPECIALLY WITH CF. "
-KATHERINE LAWLISS

