

**Title of Intervention:** Self-help Manuals to Improve Breathing Techniques

**Intervention Strategies:** Individual Education

**Purpose of the Intervention:** To improve breathing techniques of asthma patients

**Population:** Adults with asthma

**Setting:** Participants' homes; home-based

**Partners:** Not mentioned

**Intervention Description:**

- Individual Education: After completing an assessment form, participants received a tailored manual, a tape-recorded deep breathing relaxation exercise, cognitive behavioral treatment and a 20-minute writing exercise focused on personal stressful life events.

**Theory:** Behavioral Cognitive Theory

**Resources Required:**

- Staff/Volunteers: Not mentioned
- Training: Not mentioned
- Technology: Not mentioned
- Space: Not mentioned
- Budget: Not mentioned
- Intervention: Assessment form, manual, recorded exercises, writing exercises
- Evaluation: Perceived Stress Scale, spirometry

**Evaluation:**

- Design: Prospective experimental design
- Methods and Measures:
  - Spirometry assessed pulmonary function.
  - Perceived Stress Scale assessed stress levels.

**Outcomes:**

- Short Term Impact: Not measured
- Long Term Impact: The intervention group displayed significant improvements in objective spirometry-measured lung function.

**Maintenance:** Not mentioned

**Lessons Learned:** Self-help manuals can produce health benefits in individuals with asthma.

**Citation(s):**

Hockemeyer, J. and J. Smyth (2002). "Evaluating the feasibility and efficacy of a self-administered manual-based stress management intervention for individuals with asthma: results from a controlled study." Behav Med 27(4): 161-72.