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):