

A Socio-ecological Approach for Improving Self-management in Adolescents With SCD

Status: RECRUITING

Eligibility Criteria

Sex: ALL

Age: 13 years to 21 years old

Healthy Volunteers: This study is NOT accepting healthy volunteers

Inclusion Criteria:

- Patient of a participating SCD Clinic
- Confirmed diagnosis of SCD
- 13-21 years of age

Exclusion Criteria:

- Another chronic disease (which would complicate measurement of patient activation)
- Non-English-speaking
- Cognitive or psychiatric disorder that the physician or study therapists believe would impair study participation.

Conditions & Interventions

Interventions:

BEHAVIORAL: SCThrive, OTHER: SCHealthED

Conditions:

Anemia, Sickle Cell

Keywords:

adolescent and young adult (AYA), self-management, behavioral intervention, sickle cell disease

More Information

Description:

The goal of this clinical trial is to evaluate the impact of SCThrive (a behavioral self-management intervention) on patient activation, self-management behaviors, daily functioning, and emergency room visits in 260 adolescents and young adults with sickle cell disease (SCD) ages 13-21 receiving care at 1 of 4 pediatric SCD clinics. The main question[s] it aims to answer are: * Does SCThrive improve patient activation? * Does SCThrive improve self-management behaviors, daily functioning, and decrease emergency room visits? * Are any improvements maintained 3 months after treatment? Participants will complete self-management related surveys before, after, and 3 months following their participation in an 8- week, virtual group intervention with an accompanying mobile app (SCThrive). Researchers will compare outcomes for participants who receive SCThrive and participants who receive uniform standard care (SCHealthED which = standard of care plus SCD educational text messages) to see if there are differences in patient activation, self-management behaviors, daily functioning, and emergency room visits.

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Principal Investigator ID:

Phase: NA

IRB Number:

System ID: NCT06290401

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