

**Clinical Trial ID:**

**NCT00000417**

**Title:**

**Psychoeducational Approach to Improve Health in Lupus**

**Summary:**

**We will study the relationships among patient/partner communication, social support, and**

**self-efficacy (a person's belief in the ability to manage his or her disease) as they**

**affect the health of people with systemic lupus erythematosus (SLE, or lupus) over time.**

**We are assigning 150 people with lupus and their partners to either (1) receive**

**counseling to improve self-efficacy, partner support, and patient/partner problem solving**

**or (2) see an informational film about lupus. We will follow study participants for 12**

**months to find out about their physical and mental health, disease activity, beliefs that**

**they can take steps that help them feel better, coping, social support, and couples**

**communication.**

**Detailed Description:**

**Studies have shown that patient self-efficacy in disease management and social support**

**predict physical and mental health and disease activity in lupus. We wished to study the relationships among patient/partner communication, social support, and self-efficacy as they influence patient health longitudinally. We are randomizing 150 lupus patients and their partners to either (1) participate in a counseling intervention to improve self-efficacy, partner support, and patient/partner problem-solving in lupus management or (2) see an informational film about lupus (control). The counseling intervention includes an initial in-person session followed by five monthly telephone calls to monitor and reinforce problem-solving. We will follow patients for 12 months for self-reported physical and mental health, disease activity, self-efficacy, coping, social support, and couples communication.**

**Eligibility Criteria:**

**Inclusion Criteria:**

- Has partner willing to participate in study**

**Exclusion Criteria:**

- Unable to read and write English questionnaires**

- **Unable to be reached by phone**

- **Rheumatologist considers patient unable to participate, generally due to patient**

- cognitive problems or severe illness**

**Gender:**

**All**

**Minimum Age:**

**18 Years**

**Maximum Age:**

**75 Years**

**Phase:**

**Phase 2**

**Conditions:**

- **Systemic Lupus Erythematosus**

**Interventions:**

- **Counseling intervention**

- **Informational film**

**Locations:**

- **Brigham & Women's Hospital, Boston, Massachusetts**