

Effectiveness of psychoeducation on myositis: Quality of life and well-being

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Background: This study investigated the effectiveness of a psychoeducational intervention on the quality of life and well-being of patients with myositis, a rare condition that significantly impacts daily life. **Methods:** All myositis patients in a specific healthcare region were invited to participate. Thirty-four eligible patients were randomly assigned to either an intervention group or a control group. The intervention group received five 100-minute sessions focused on understanding how myositis impacts daily life. Both groups were assessed before and after the intervention using validated tools to measure quality of life, well-being, and self-efficacy in managing the disease. **Results:** Patients in the intervention group showed improvements in quality of life, well-being, and self-efficacy compared to their pre-intervention scores. These improvements were more pronounced in the intervention group compared to the control group for 70% of the variables studied. Notably, the intervention group experienced a greater reduction in sedentary behavior and an increase in satisfaction with social relationships. **Conclusions:** This randomized controlled trial, conducted on a representative sample of myositis patients, provides evidence that a psychoeducational intervention can effectively improve health-related quality of life, well-being, and self-efficacy in managing myositis. **Funding:** This study was funded by the Instituto de Salud Carlos III (grants PI22-00708), co-financed by the European Regional Development Fund; the research project PID2020-115486GB-I00 funded by the Ministerio de Ciencia, Innovación y Universidades, MICIU/AEI/10.13039/501100011033, Government of Spain; and the Chilean government project FONDECYT Regular 1250316 funded by the National Fund for Scientific and Technological Development, ANID.

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