

Optimism Interventions to Reduce Heart Failure in WHI

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Optimism Interventions to Reduce HF

Background

- HF expected to affect >8 million Americans by 2030
- Negative emotional states associated with poor outcomes^{1*}; Positive emotions understudied
- Optimism associated with lower CVD, mortality risk (WHI)^{2*}; lower re-hospitalization after CABG^{3*}
- Interventions have been shown to increase optimism^{4*}
- We hypothesize that an intervention to enhance optimism will:
 - Increase optimism
 - Promote resilience^{5*}
 - Reduce incidence of HF

*Lichtman et al. *Circulation*. 2014;129:1350;^{2*}Tindle et al. *Circulation*. 2009;120:656;^{3*}Tindle et al. *Psychosomatic Med*. 2012;74:200;^{4*}Malouff&Schutte. *Journal of Positive Psychology*. 2016. DOI:10.1080/17439760.2016.1221122; ^{5*}Tugade & Fredrickson. *Journal of Happiness Studies*. 2007;8:311.

Optimism Interventions to Reduce HF Design

- MRC participants in Extension 2
- Randomize 1:1:1
 - Best Possible Self, Gratitude, Control
- Telephone-based intervention
- Re-measure LOT-R and brief resilience scale at baseline and follow-up
- Time to event analyses

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NIH Priorities Addressed

- Enhancing resilience
- Reducing the burden of HF