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

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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