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**MANAGING FIBROMYALGIA SYMPTOMS WITH
FIBROLINE®: A CLINICAL TRIAL WITH ADULT
PATIENTS**

TREBALL DE FI DE MÀSTER

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MÀSTER EN PSICOLOGIA GENERAL SANITÀRIA

Departament de Psicologia



UNIVERSITAT ROVIRA I VIRGILI

Tarragona, 2021

ABSTRACT

Fibromyalgia (FM) is a common disease that causes widespread pain and affects quality of life. Treatment for individuals with FM is complex, including pharmacological, physical, and psychosocial approaches. mHealth is becoming a frequent way to provide treatment to patients with chronic diseases. The aim of this study was to evaluate Fibroline®, a Smartphone application, used for treating individuals suffering from FM with a treatment based on Cognitive-behavioral therapy (CBT). A total of 111 participants were recruited and evaluated for pain intensity, anxiety and depression symptoms, fatigue, and sleep quality in three different periods: pre-treatment, post-treatment and 3-months follow-up. Results showed a significant improvement in pain intensity, anxiety and depression symptoms from pre-treatment to post-treatment assessments. This study shows, for the first time, that a mobile app can be used to help adults with fibromyalgia improve pain and psychological function.

AQUEST TREBALL ÉS CONFIDENCIAL, JA QUE S'ENVIARÀ PER PUBLICAR.