



*The Community-based -RESST:
Relaxation Exercise and Social
Support Trail in the southern suburbs
of Beirut, Lebanon*

*By:
Loulou Kobeissi, DrPH, MPH
Assistant Research Professor
Center for Research on Population and Health
Department of Epidemiology and Population Health
AUB*

Goals & Objectives

- The over all goal of this research project was to assess the impact of a psycho-social intervention on MUVD and CMD, using a community based participatory research (CBPR)
- Specific Objectives:
 - To assess the impact of a psycho-social intervention (12 sessions of combined relaxation exercise and structured social support sessions over 12 weeks) on MUVD and CMD (low to moderate levels of anxiety and/or depression);
 - To discuss the usefulness of a CBPR approach as a tool to empower local community women in identifying their health needs and channeling respective solutions

Methods

- A multi-disciplinary team of: researchers, community stakeholders, & an established local women committee (LWC) was formed to ensure: technical relevance, feasibility, cultural adequacy, as well as acceptable representation of community and women's needs
- A total convenient sample of 1015 women took part in an open 6 wks recruitment campaign, out of whom 299 women were found to be between 18-54 years of age, currently married, with reported MUVD and low to moderate levels of CMD.
- Data collection included the administration of: face-to-face interviews with social workers, & a physical exam by an OB/GYN and laboratory testing to rule out reproductive tract infections.
- Trial analysis revolved around combined qualitative and quantitative assessments.
- The qualitative assessments included: field notes and observations, analyses of focus groups and one-on-one interviews conducted with the LWC and the main community stakeholders after trial completion.
- The quantitative assessment revolved around: the trial's outcome as well as process evaluation



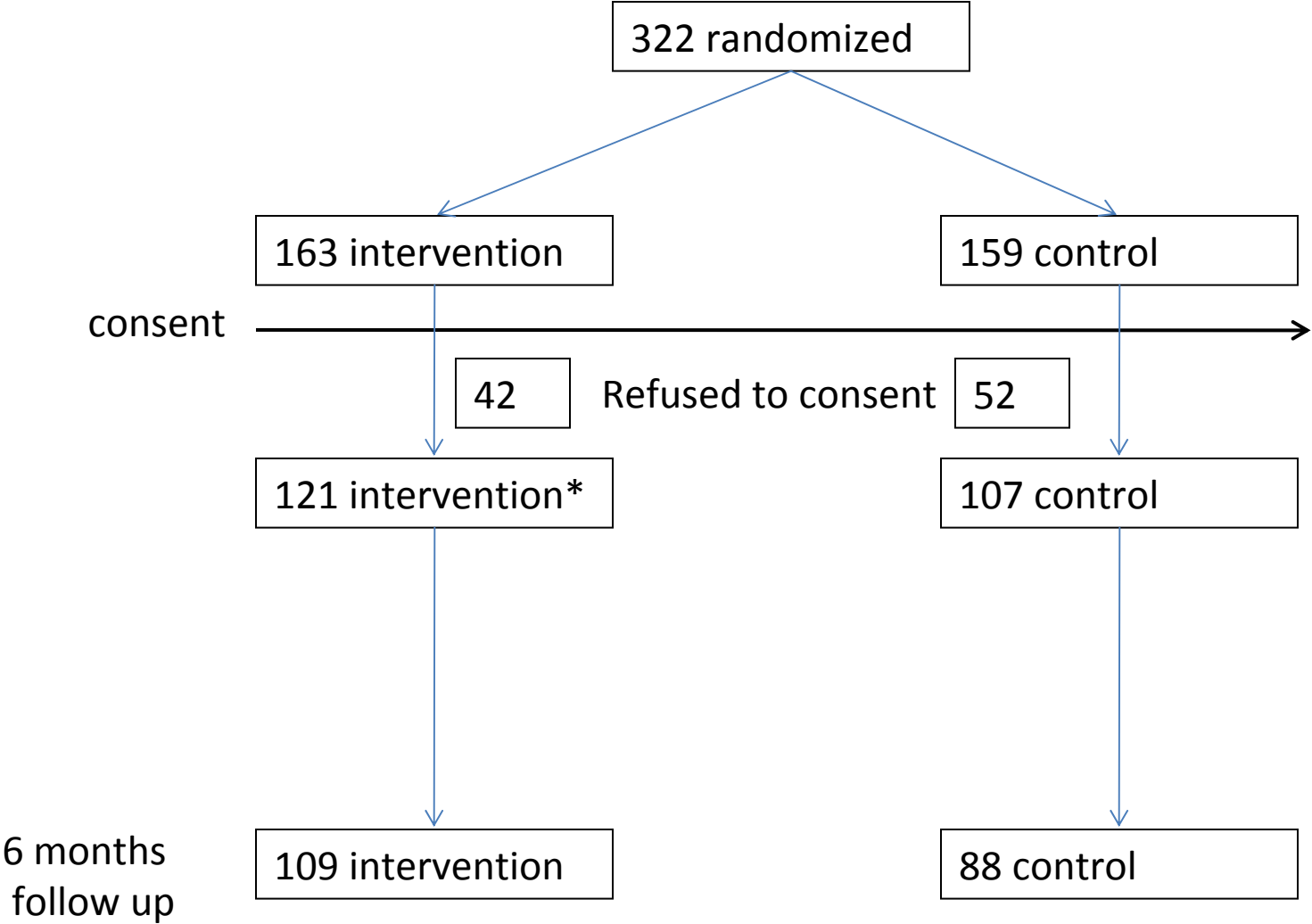
Intervention Package



- 6 weeks's package, developed with the assistance of a physical activity expert and a clinical psychologist.
- It involved bi-weekly sessions of 1.5 hrs.
- Each session consisted of:
 - Trainer-supervised relaxing exercises (30 minutes per session) run by physical fitness trainer
 - Semi-structured women support group discussions (75 minutes per session) run by a psychologist and assisted by a midwife
- Participating women were assigned into groups, 8-10 women/grp
- The trainer-supervised relaxing exercises consisted of: progressive muscle relaxation, guided imagery, stretching and breathing, & progressive resistance exercise.
- The women support group discussions consisted of facilitated discussion on issues of concern to the women to promote: problem solving skills, venting, & social support



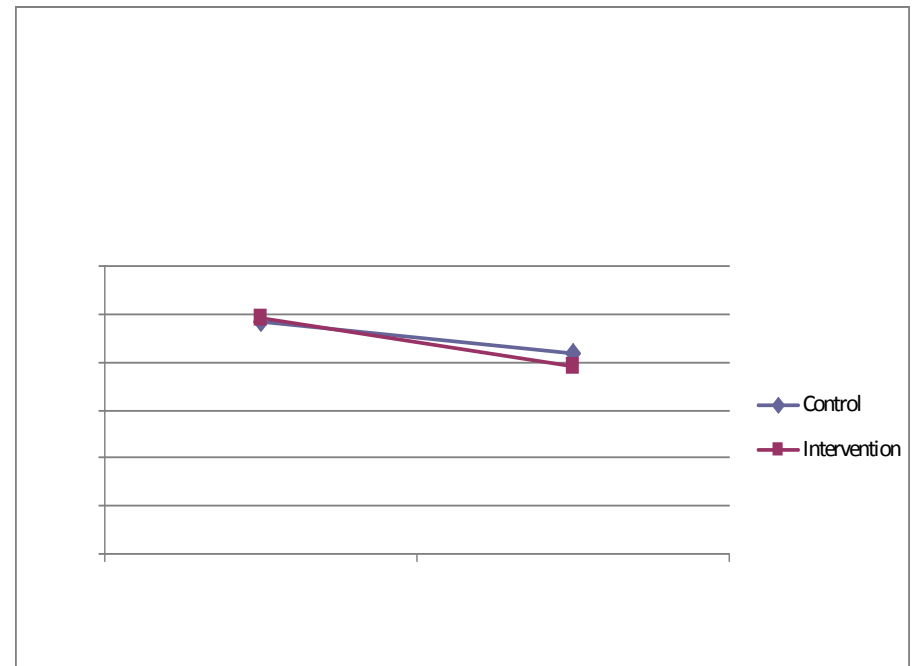
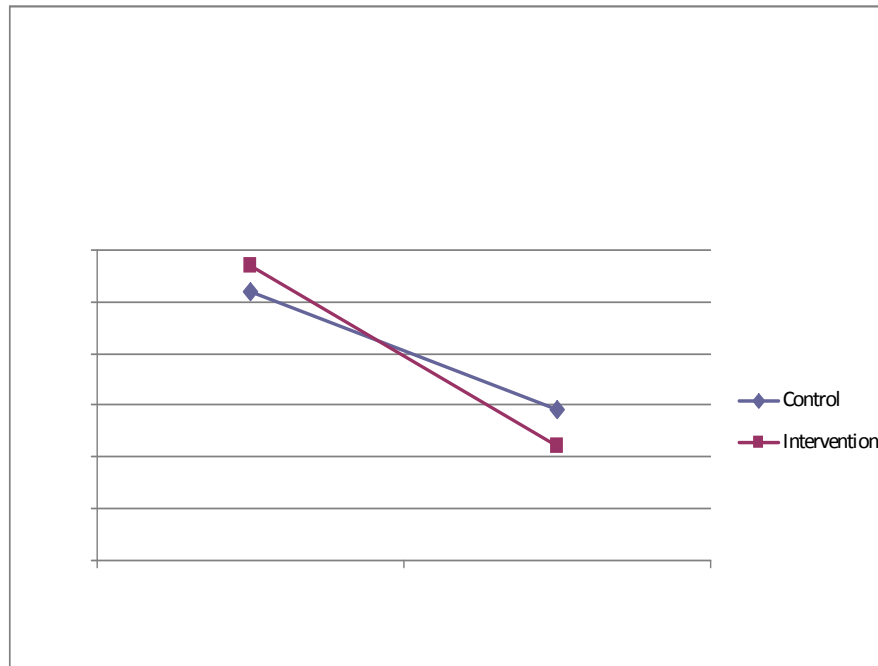
**According to Data recorded
By screeners/interviewers**



*1 participant ID 716 missing almost all information

RESULTS

	Baseline					6 months					Difference				
	Intervention		Control		p-value	Intervention		Control		p-value	Intervention		Control		p-value
	n	%	n	%		n	%	n	%		n	%	Mean	SD	
Reporting VD	99	100	97	100		89	67	81	61	0.29					
	Mean	SD	Mean	SD		Mean	SD	Mean	SD		Mean	SD	Mean	SD	
Anxiety	245	04	241	04	0.49	195	06	21	06	0.132	-0.1934	0.216	-0.1033	0.25	0.023
Depression	247	04	242	04	0.384	212	05	219	05	0.338	-0.133	0.21	-0.0817	0.23	0.132



Process evaluation results revolved around 90% for: attendance rates, satisfaction rates and trainers' compliance with guiding manual. The qualitative assessment of the utilized CBPR approach indicated high levels of community satisfaction.

Process Evaluation

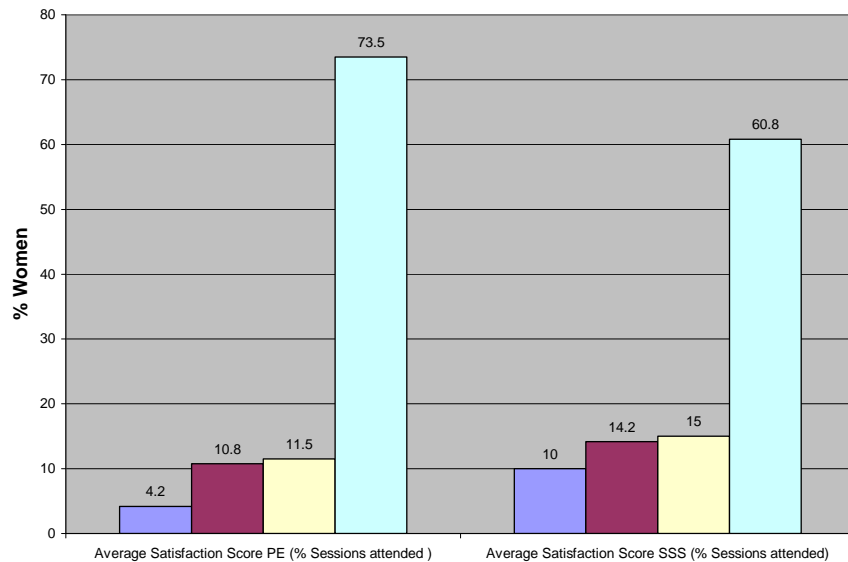
Measures of dose received * n= 120 sessions

	Dose Received			
	% rating of session as positive and active	% rating of session as positive and active	Average active participation rate	Average active participation rate
	Trainer	LWC	Trainer	LWC
Physical exercise All Some	97.5 2.5	94.2 2.5	100	96.7
	Co-moderator	Moderator	Co-Moderator	Moderator
SSS All Some	88.3 11.7	<i>Was only assessed by the Co-moderator</i>	100	<i>Was only assessed by the Co-moderator</i>

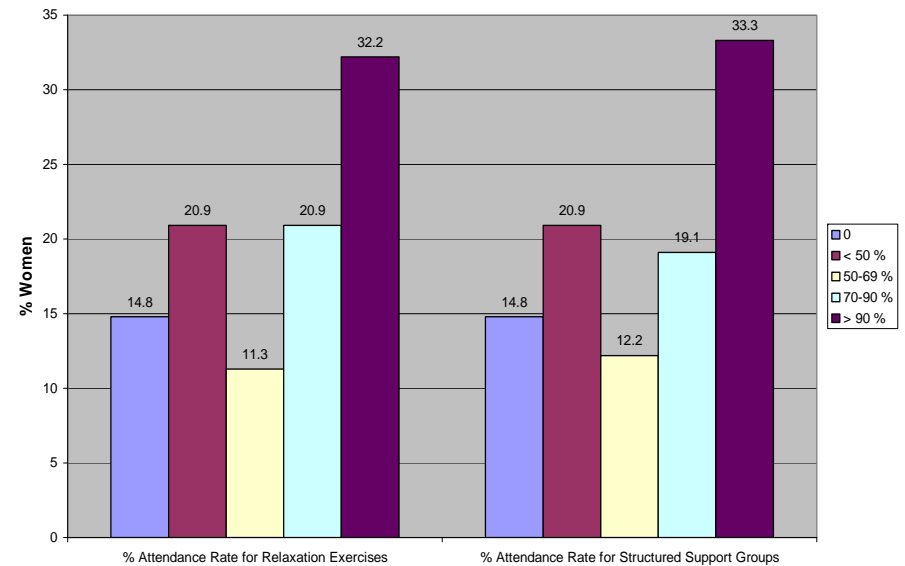
Fidelity * n= 120 sessions

	% Session completed as per manual	% Session completed as per manual
	Trainer	LWC
Physical exercise Fully Partially	96.7 0.8	99.2 0.8
	Co-moderator	Moderator
SSS Fully Partially	93.3 6.7	99.2 0.8

Satisfaction Rates for Relaxation Exercises and Structured Support Groups



Reach: Relaxation Exercises & Structured Support Groups



Title of trial: The Relaxation Exercise and Social Support Trial

- **ISRCTN assigned**: ISRCTN98441241
 - Date of assignation: 10/09/2010
 - Link: <http://www.controlled-trials.com/ISRCTN98441241>

- **Wellcome Trust register** held at:
 - <http://www.controlled-trials.com/mrct/trial/469943/98441241>