

## Arthritis Self-Management Program (ASMP)

### What is it?

- Developed by a team of researchers at Stanford University, the Arthritis Self-Management Program (ASMP) is a small group education program. It aims to help people with arthritis adapt to their condition and gain confidence and control over their lives.
- The 6-week course consists of weekly 2–2½ hour interactive workshops in which participants learn and practice techniques for building an arthritis self-management program specific to their needs. Workshops include educational sessions and group discussions to help participants get feedback and suggestions from one another about approaching arthritis-related problems. After each workshop, participants practice suggested approaches on their own and report their progress to the group.
- Topics covered in ASMP include:
  - Managing the physical and psychological effects of arthritis (such as fatigue, pain, and frustration)
  - Exercising and using medications appropriately
  - Communicating effectively with family, friends, and health professionals
  - Maintaining healthy nutrition and sleep habits
  - Making informed treatment decisions
  - Problem-solving to address obstacles specific to arthritis
- Both health professionals and lay people may lead ASMP workshops after completing a 4½-day training. There are two instructors per workshop, at least one of whom has arthritis.

### Who is it for?

ASMP is designed for adults with arthritis and their significant others. Patients may be particularly interested in this program when their arthritis has begun to interfere with valued life activities.

### What are the benefits?

- In clinical trials, ASMP participants reported improvements in disease symptoms, psychosocial outcomes, and quality of life. These effects may last up to 12 months or more after participation. Benefits include:
  - Reduced fatigue and health distress
  - Ability to exercise more frequently
  - Decreased depression and anxiety
  - Better communication with physicians
  - Increased confidence in managing their arthritis

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## For More Information

- Stanford University Patient Education Research Center  
[patienteducation.stanford.edu/programs](http://patienteducation.stanford.edu/programs)
- Centers for Disease Control and Prevention  
[www.cdc.gov/arthritis/interventions/self\\_manage.htm](http://www.cdc.gov/arthritis/interventions/self_manage.htm)
- CDC Executive Summary of ASMP/CDSMP Meta-Analyses  
[www.cdc.gov/arthritis/docs/asmp-executive-summary.pdf](http://www.cdc.gov/arthritis/docs/asmp-executive-summary.pdf)

## Contact

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