

# Studies on psychological outcomes in the Childhood **A**rthritis **P**rospective **S**tudy

The Childhood Arthritis Prospective Study (CAPS) collects information about psychological outcomes.

### What do we mean by psychological outcomes?

- Psychological outcome really means how you think and feel about things.
- We know that having arthritis can have a huge impact on everyday life.
- If we can understand how arthritis affects young people and their families we will be better able to provide them with appropriate support.

#### Did you know...

Psychology is the study of how we think, feel and act?



### What information do we collect?

We collect information (using questionnaires) about four different areas to measure impact.

We know that how you think and feel is really important. We study how important it is to tell others about it too.

Feelings

Mood

Beliefs  
(thoughts)

Worries

We all have a different way of dealing with illness. How we feel and think can change how we deal with it.

How we deal with illness is also important because sometimes we can feel worse instead of better.

### What do we know so far?

- We asked some young people how they deal with pain. We found that beliefs and feelings they had about arthritis affected how they dealt with pain. For these young people we also found links with their parents' beliefs and how they coped with the pain.

**This told us that young people and families form an understanding together.**

- Our studies have also shown that beliefs like "I have control over my arthritis" and "my arthritis is unpredictable" are linked with feeling pain.
- We also found that beliefs about what causes arthritis can be influenced by what happened before diagnosis as well as during disease.

**This told us that experience helps shape beliefs.**

**This means:** It is important that we continue to learn more about how children of all ages understand arthritis and pain to know how best to deal with all symptoms and side effects.

This can help lessen the impact of arthritis.