

## **Research Spotlight: The Impact of Educational Leaflets on Patient Outcomes in Rheumatoid Arthritis**

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### **I. Abstract & Core Objectives**

This randomized controlled study performed a novel evaluation of the impact of disease-related leaflets on patient well-being. This trial investigated whether providing standardized educational leaflets to patients with Rheumatoid Arthritis (RA) resulted in significant increases in knowledge, pain, and depression.

### **II. Methodology & Study Design**

The study utilized self-administered questionnaires collected during initial appointments and a 3-week follow-up. 108 patients with RA were recruited, with 53 receiving the leaflet and the other 55 receiving standard care. Measurements of knowledge, psychological well-being, and physical symptoms were measured using a multiple-choice scale, the Hospital Anxiety and Depression Scale (HADS), and the Visual Analogue Scales (VAS) for pain and fatigue, respectively.

### **III. Statistical Findings and Patient Experience**

After three weeks, the intervention group demonstrated statistically significant improvements. Total knowledge scores and pain levels significantly improved, and depressive symptoms were borderline significant.

Interview data collected via phone call revealed patients frequently feeling “less isolated” and “settled” after reading the leaflet. They also valued having a physical reference document. Interestingly, data showed patients with a long history of RA benefited as much as newly diagnosed patients.

### **IV. Key Takeaways**

Providing clear information provides emotional reassurance rather than triggering anxiety. Additionally, patients at all stages of the disease demonstrate a capacity and desire to learn. This means leaflets, also known as pamphlets, may be beneficial to all, not only patients at the “point of diagnosis.” The correlation found between increased knowledge and decreased pain suggests understanding one’s condition may be significant in symptom perception and/or management.