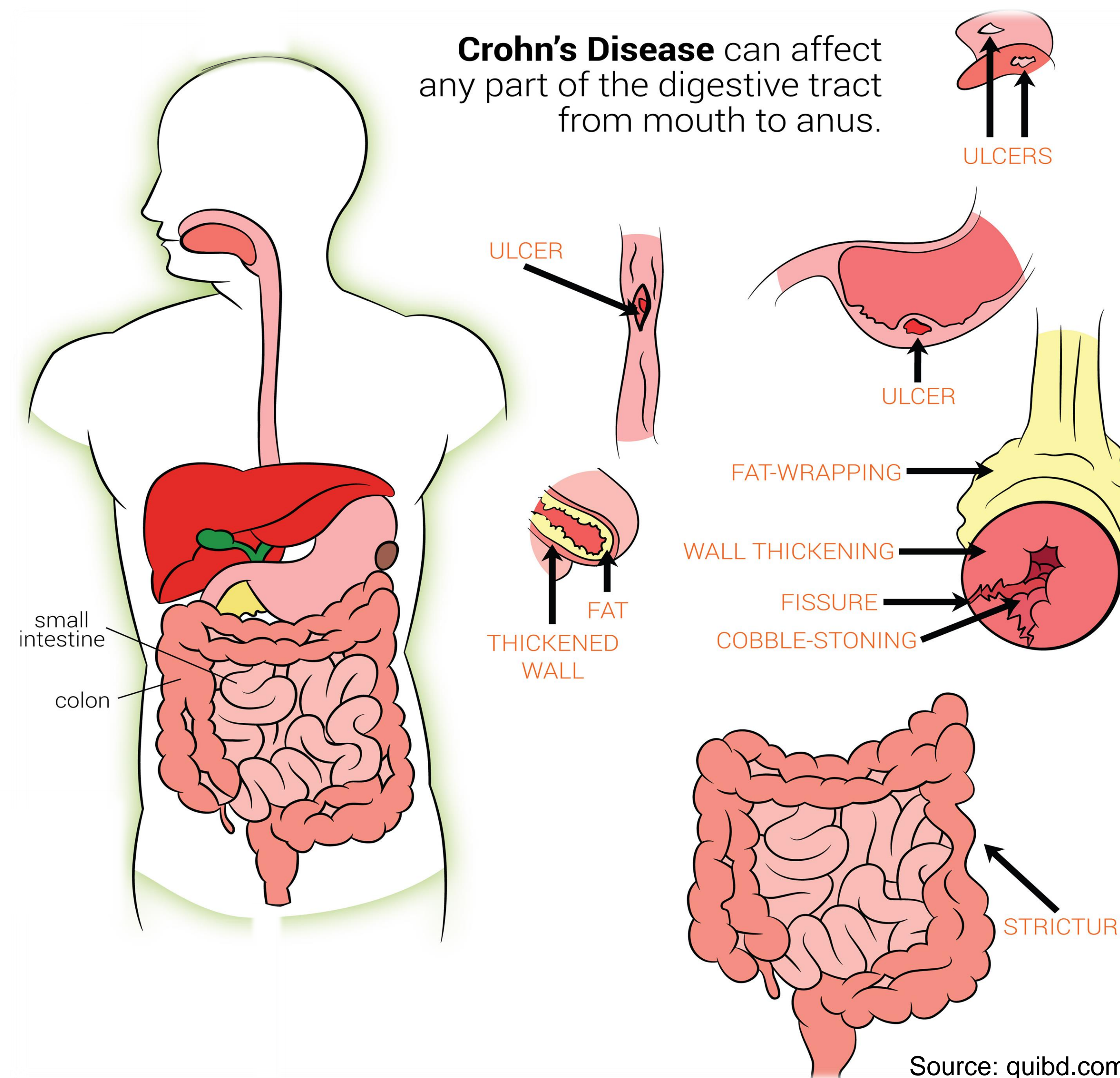


Background/Significance

- Up to 90% of health from key drivers or Social Determinants of Health (SDH) beyond standard medical care
- SDH are environments, behaviors, and thoughts related to where we are born, live, learn, work, play, and grow
- Physical, psychological, and social functioning influence HRQOL
- SDH inequities affect physical and psychosocial health and HRQOL outcomes, and SDH research is limited in teens
- 20-30% with Crohn's Disease (CD) are less than 18 years, unmet SDH and CD affects illness perception, disease management, and HRQOL
- CD care usually follows medical model, must shift to include SDH to promote optimal physical and psychological health
- CD symptoms and unmet SDH cause shame, guilt, fatigue, and impaired body image and decreased self-esteem
- 38% of SDH based on person's behavior
 - Diet, sleep pattern, substance use
 - Mood/affect, self-efficacy
- 23% of SDH relate to social situations and affect HRQOL
 - Education and activities, peer and family relationships
 - Relationship between illness perception and HRQOL



Purpose

- To determine if self-efficacy mediates pathway between cognitive and emotional illness perceptions and HRQOL in CD teens beyond standard care using a 5-week intervention and to monitor the effect at week 16

Evaluation Methods

- Consecutive sampling feasibility study 40 teens; 13-18 years (20 males; 20 females)
- Measures: demographics, Brief IPQ, Impact III, PCDAI, Fecal Calprotectin, and journaling

Implications

- In teens with CD teaching self-efficacy skills may enhance their understanding of emotions, physical state, and reactions as well as their behavior within social situations
- Specific strategies may be helpful in navigating situations that cause increased stress and anxiety
- Teen development of self-efficacy skills can improve their perception of self, and interpersonal relationships, and help with disease management

Conclusion/Discussion

- Research indicates teen health is affected by behavior and social situations at personal, family, and community levels
- Health and healthy behaviors progress strongly from adolescence into adulthood, SDH add further dimension in managing chronic diseases such as CD
- Studies indicate two crucial gaps with the current model of care for CD including limited focus of illness perceptions and psychological and social effects
- Social determinants of health may add depth and breadth in explaining and managing CD complexities in teens and improve HRQOL