Introduction

- Myocardial Infarction with Non-Obstructive Coronary Arteries (MINOCA) and Takotsubo Syndrome (TS) are both conditions similar to that of a Myocardial Infarction, but presents with no significant obstructive coronary artery disease.
- The causes for MINOCA and TS are unclear and knowledge about appropriate care for these patients is lacking.
- The prevalence of psychiatric disorders is higher among patients with MINOCA and TS compared to the general population and patients suffering from other types of cardiovascular diseases.
- As of yet, no research has investigated the efficacy of psychological support interventions for these patients.
- Internet-delivered cognitive behavioral therapy (iCBT) might offer evidence-based psychological support that is both accessible and easily tailored to the needs of these specific patients.
- Patient Research Partners (PRPs) play a fundamental role in safeguarding that the patients’ needs are met when developing psychological support.

Aim

- To describe the development of a therapist-guided iCBT intervention designed specifically for patients with MINOCA and TS.

Methods

- An iterative participatory design involving seven PRPs with either MINOCA or TS and a research group consisting of researchers, cardiologists, and psychologists (see Figure 1)

Results

- The outcome of the collaboration between PRPs and the research group produced a 9-step iCBT intervention focusing on stress, worry, and valued action (see Figure 2).
- The input from PRPs contributed substantially to the development of a therapist-guided iCBT intervention.

Figure 2. Overview of steps included in the final iCBT intervention

Conclusions

- Working with PRPs led to the development of a tailored and acceptable iCBT intervention for people with MINOCA and TS.
- This intervention can be tested and evaluated with the goal of offering psychological support to patient groups currently without.