

[CyFi Space: An Innovative Online Program to Support Schooling for Young People with Cystic Fibrosis \(2017-2018\)](#)

Young people with cystic fibrosis are at increased risk of feeling isolated and having mental health problems. Innovative technological interventions that encourage interactions between people who are geographically constrained may benefit young people with cystic fibrosis.

Aim

To develop and pilot a smartphone app to support the social connectedness and wellbeing of young people aged 12-17 years living with cystic fibrosis.

Results

Twenty-two young people with cystic fibrosis completed an online survey and group interviews. The smartphone app was rated highly usable and moderately acceptable, with participants describing it as fun, useful, and easy to use and navigate. Participants made recommendations to improve the functionality, such as embedding the chatroom within the app. Smartphone apps have the potential to improve the social connectedness and wellbeing of young people living with CF.

Who was involved?

Investigators: Cindy Branch-Smith, Jacinta Francis, Donna Cross, Andre Schultz
Collaborators: Cystic Fibrosis Western Australia, Vertex Pharmaceuticals Incorporated

Publications

Francis, J., Cross, D., Schultz, A., Armstrong, D., Nguyen, R, Branch-Smith, C. 2020. Developing a smartphone application to support social connectedness and wellbeing in young people with cystic fibrosis. *Journal of Cystic Fibrosis*. 19(2): 277-283.