I21 THE COPING STYLES AND PREFERENCES FOR SUPPORT AND SELF-MANAGEMENT SERVICES OF MEN WITH RHEUMATOID ARTHRITIS

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RA affects more women than men (50% male) and current research reflects this difference. Evidence from several long-term conditions suggests disease impacts differently on men compared with women, leading to the proposal that men need their own health strategy. However, the coping styles and needs of men with RA have not previously been the focus of discussion within rheumatology. If men clinically and psychologically experience and cope with RA differently than women, then the support required is likely to be different. However, current self-management interventions in RA have been designed and tested mainly in women. This presentation will address how men experience and cope with their RA. It will also address the type of support that is appealing to men with RA and how this could be used to inform a self-management intervention tailored in content and style to the interests and needs of men with RA.

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