

Psychosocial factors associated with transition readiness in adolescents and young adults with uveitis

Howsley P¹, Dunkley L², Calvert R¹, Choi J¹, Quhill F², Hawley SJ³, Tattersall RS^{1,2}, McMahon AM¹, Verstegen RHJ¹, Cooper G¹, Clarke S² & Hawley DP¹

¹ Sheffield Children's NHS Foundation Trust, Western Bank, Sheffield, UK

² Royal Hallamshire Hospital, Sheffield Teaching Hospitals NHS Foundation Trust, Glossop Road, Sheffield, UK

³ Nuffield Department of Orthopaedics, Rheumatology and Musculoskeletal Sciences, University of Oxford, UK

Background

The transition from paediatric to adult health services should be a multidimensional and multidisciplinary process that addresses the medical, psychosocial, and educational needs of adolescents and young adults (AYA). However, we currently know very little about how psychosocial factors (e.g., anxiety) affect transition readiness in AYA with uveitis. This study therefore aimed to examine the relationships between psychosocial factors and transition readiness in AYA aged 10-25 years diagnosed with uveitis at a single centre.

Methods

To date, 25 adolescents aged 10-16 years ($M_{\text{age}} = 13.52$ years, 16 females), together with a parent/guardian, participated at Sheffield Children's Hospital and 7 young adults aged 16-20 years ($M_{\text{age}} = 17.57$ years, 5 females) participated at Sheffield Teaching Hospitals. Participants completed a battery of self-report questionnaires measuring psychosocial factors (anxiety/depression, problem and prosocial behaviours, psychosocial and physical quality of life, social support, family functioning) and transition readiness (transition knowledge and skills, self-efficacy). Spearman correlations were computed to assess the relationships between psychosocial factors and transition readiness (Table 1). Due to the small number of young adults, correlations were computed for AYA together and for adolescents only. This study received full ethical approval and all participants gave their written informed assent/consent.

Results

Overall, greater transition readiness was associated with better psychosocial quality of life, physical quality of life and social support, and lower anxiety/depression levels in AYA. These relationships remained largely stable in the adolescent only group.

Conclusions

These findings indicate that a variety of psychosocial factors are associated with transition readiness in AYA with uveitis, and therefore support the findings of our parallel study assessing the relationships between psychosocial factors and transition readiness in AYA with juvenile idiopathic arthritis. Together, these findings suggest that rheumatology and ophthalmology transition services need to actively manage not only young people's medical needs but also their psychosocial needs as they move to adult health services.