

*FUTURE TIME PERSPECTIVE AND  
ASTHMA  
SELF-MANAGEMENT IN  
ADOLESCENTS:  
A SCOPING REVIEW*

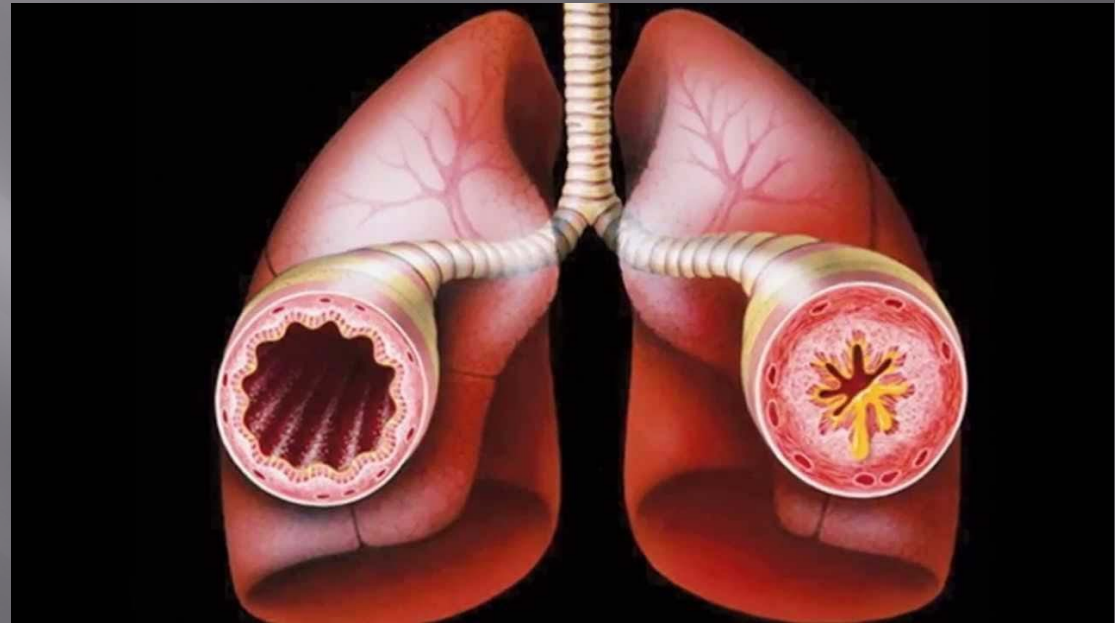
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# Asthma

- ▣ Chronic
- ▣ Remitting and Exacerbating
- ▣ Coughing
- ▣ Wheezing
- ▣ Chest tightness
- ▣ Shortness of breath
- ▣ Cannot be cured, but can be controlled





# Childhood Asthma

- ▣ Childhood asthma is a growing health concern:
  - Most common chronic illness of childhood
  - Leading cause of ER visits, hospitalizations, school absenteeism

## Goal of asthma management

- ▣ Increased symptom free days
- ▣ Increased QoL
- ▣ Prevention of lung damage



# Future Time Perspective

- ▣ *The degree to which an individual's temporal perspective of time (past, present and future) guides their behaviors<sup>1</sup>*
- ▣ *The motivation behind one's actions based on the consideration of future goals, present events, or past events<sup>2</sup>*



1. Zimbardo, P. G., & Boyd, J. N. (1999). Putting time in perspective: a valid, reliable individual-differences metric. *Journal of Personality and Social Psychology*, 77(6),

2. McDade, T. W., Greg, L. C., Duncan, J. ., Hoyt, L. T., Doane, L. D., and Adama, E.K. (2011). Adolescents' expectations for the future predict health behaviors in early adulthood. *Social Science and Medicine*, 73(3), 391-398

# Future Time Perspective

- ▣ Originates from Theory of Relativity
  - Establishes the subjective nature of physical time
- ▣ Lewin Life Space Model
  - Totality of a person's views on psychological future and past existing at the same moment
- ▣ Integrates past and future into right now
- ▣ Basic premise
  - Individual's perspective of time influences behavior

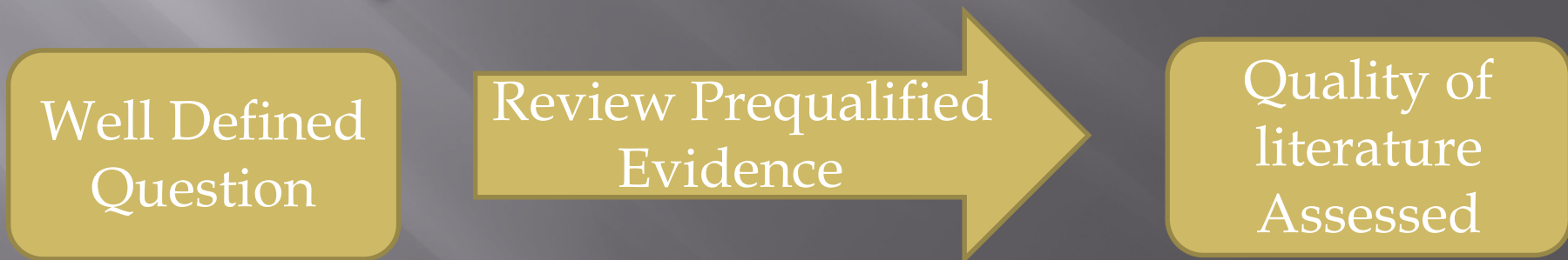
# Scoping Review

- ▣ Developed by Arksey & O'Malley
- ▣ AKA “scoping study”
- ▣ Increasingly popular approach to review evidence
- ▣ *“A process of summarizing a range of evidence in order to convey the breadth and depth of a field”*
- ▣ Quality of data not assessed (as with systematic reviews)

# Scoping Review



# Systematic Review



# Scoping Review

- ▣ Six stages of scoping review
  1. Identify broad research question
  2. Identify relevant studies
  3. Study selection
  4. Chart data
  5. Collate and summarize results
  6. Consultation (optional)





# FTP & Asthma Management

## ▣ Significance

- ▣ Treatment non-adherence leads to poor asthma control and increased severity
- ▣ FTP influences health behaviors

## ▣ Purpose

- ▣ Synthesize existing knowledge regarding adolescent asthma self-management and FTP to inform nursing practice and identify knowledge gaps

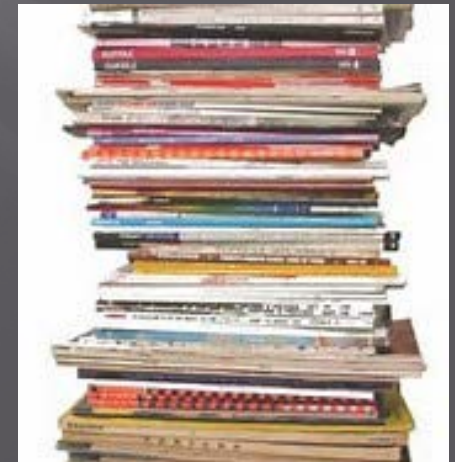
# FTP & Asthma Management

## ▣ Research Question

- ▣ What is the relationship b/w FTP and asthma?

## ▣ Data Search

- ▣ September – October
- ▣ EBSCO Host, Science Direct, CINAHL, MEDLINE, Science Citation Index & Google Scholar



# FTP & Asthma Management

- ▣ **Methods**
  - Study selection
    - ▣ 6 search terms
    - ▣ 28 articles
  - **Data chart**
    - ▣ 9 categories
  - **Data Synthesis**

# FTP & Asthma Management

## ▣ Results

- FTP influences patients decisions to engage in healthy behaviors
  - ▣ Study of adolescents (13-18y) perceive better life opportunities, less likely to engage in risky health behaviors
- ▣ Paucity of knowledge re: asthma self-management *and* FTP in the adolescent population

# FTP & Asthma Management

## Conclusion

- ▣ Current gap in science supports the need for future research to investigate the relationship between FTP and asthma self-management in adolescents



QUESTION



# References

- Heather L. Colquhouna, D. L., Kelly K. O'Brienc, Sharon Strausd, Andrea C. Triccod, Laure Perrierd, Monika Kastnerd, David Moher. (2014). Scoping reviews/ time for clarity in definition, methods, and reporting. *Journal of Clinical Epidemiology*, 67(12), 1291-1294.
- Thomas W. McDade, L. C., Greg J. Duncan, Lindsay T. Hoyt, Leah D. Doane, Emma K. Adama. (2011). Adolescents' expectations for the future predict health behaviors in early adulthood. *Social Science and Medicine*, 73(3), 391-398.
- Brittany Sansbury, A. D., Lori Guthrie, and Michael Ward. (2014). Time Perspective and Medication Adherence Among Individuals with Hypertension or Diabetes Mellitus *Patient Education Counseling*, 95(1).