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**Title:** Feasibility and acceptability of group-CBT for people with severe asthma

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**Body:** Introduction: Evidence for the efficacy of individual Cognitive Behavioural Therapy (CBT) in asthma is developing but it is not known if this translates to benefits in severe asthma or if group CBT would be acceptable to this patient group. We assessed the feasibility and acceptability of group-CBT in severe asthma. Method: A randomised controlled feasibility study. Participants (severe asthma and Hospital Anxiety and Depression (HAD) score greater than 8 for either sub-scale), received 8 weekly group-CBT sessions or usual care. Follow-up was 16 weeks and endpoints were: Asthma Quality of Life Questionnaire, Asthma Control Questionnaire, HAD, and asthma diary. Acceptability interviews were conducted with CBT and control group participants, therapists and clinical staff. Results: 148 patients were approached and 51 (mean age 46years±12; 69% female) were randomised (CBT=25; control=26). Recruitment challenges included reliance on referrals during busy clinics, patient refusal, and HAD screening. Reasons for attrition included travelling long distances, weekly commitment, and poor health. Participant feedback was positive regarding the group format as it provided the opportunity to learn from others, and relaxation techniques were reported as being particularly helpful in managing panic and anxiety. This feasibility study was not adequately powered to detect significant differences in outcome measures. Conclusions: Group-CBT warrants further investigation as a potentially promising treatment for patients with severe asthma. It has been possible but not easy to recruit and retain the sample. Careful thought would need to be given to issues of commitment and timing for participation in the follow-on study.