

# **Download Chronic Physical Illness Self Management And Behavioural Interventions**

The purpose of this paper is to provide an overview of self-management approaches for people with chronic conditions. The literature reviewed was assessed in terms of the nature of the self-management approach and the effectiveness. Objective. The aims of this paper are to provide a description of the principles of chronic condition self-management, common approaches to support currently used in Australian health services, and benefits and challenges associated with using these approaches.<sup>5</sup> Academic theory Self-efficacy The principles of self-management are developed in a number of theoretical models, mostly within the fields of health psychology, sociology and behavioural Chronic conditions defined. The use of the term 'chronic conditions' refers to a broad range of chronic and complex health conditions across the spectrum of illness, including mental illness, trauma, disability and genetic disorders.