

IBTN 2026 Abstract

Abstract title: ARISE (**A**chieving **R**ecovery through **I**ntervention for **S**tress and **E**motions): A Co-Design Approach

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Background: Spontaneous coronary artery dissection (SCAD) is an increasingly recognized cause of acute coronary syndrome, primarily affecting middle-aged women. Qualitative and quantitative studies indicate high psychological distress and unmet psychological care needs among patients with SCAD.

Purpose: To describe the co-design of an EDI-sensitive stepped-care psychological intervention for patients with SCAD.

Methods: Guided by the ORBIT model, principles of patient engagement, and experience-based co-design, the process included: (1) project setup, (2) collection of patient and clinician experiences, and (3) iterative co-design meetings. The teams' reflection on role clarity, satisfaction, influence, and process efficiency will be assessed using quantitative and qualitative measures. Process success was defined as $\geq 70\%$ attendance, a mean engagement ratings $\geq 4/5$, and completion of core co-designed deliverables.

Results: The co-design team comprised 8 patients, 8 mental health experts, 5 cardiology/nursing experts, and 1 student (90% women; 90% White). The process included 3 full-team planning meetings, a 2-day workshop (75% in person; 25% online) where mental health experts drafted the intervention, and a meeting to establish working groups for refinement and dissemination planning. Mean attendance across

full-team meetings was 73%. Iterative feedback rounds, including external review and finalization of deliverables, are ongoing. Participants' reflection data will be reported upon project completion.

Conclusion: The co-design process successfully engaged patients and multidisciplinary international SCAD experts to develop a SCAD-tailored psychological intervention, supporting progression to the next ORBIT model phase.

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