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Methodology to implement the laugh therapy in primary care centre.

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BACKGROUND

Laughter therapy improves Emotional Intelligence and Empathy. Stress, anxiety and loneliness are prevalent increasingly in our society including caregivers. From the health centre we have the opportunity to improve users' health, stimulating the emotional intelligence to face the disease and the problems of our life better.

RESEARCH QUESTIONS

We have proposed to investigate what would be the model of laughter therapy workshop, useful and reproducible, to apply in primary care and know the users opinion. We investigated what is the interest of the health professional about this therapeutic tool.

METHOD

A qualitative study (Research-Action Design) was carried out with an intervention in 4 phases: Accreditation as Laugh Therapy Monitors; Experimental workshops; Proposal of a Standard Model of Workshop and Evaluation of the same. An Inductive analysis allowed us to design the final Standard Workshop. 348 surveys were conducted to professionals in our health area. A total of 20 workshops were held, attended by 415 users. For the statistical analysis, the versions of SPSS 22.0 for Windows were used.

RESULTS

The 80% of health professionals don't have experience in laughter therapy: 3 out of 10 do not show interest and 5 out of 10 want to participate. Only 2 out of 10 health professionals acknowledge having participated in at least one laughter therapy workshop. We observed that female professionals value the usefulness of laughter as a therapeutic tool better than their male counterpart ($p < 0.001$). We have designed a Standard Model of Laughter Therapy Workshop that was well appreciated by users.

CONCLUSIONS

Both in users and professionals, gender has been a determining factor. We propose a specific and reproducible Laughter Therapy Workshop Model for Primary Care. The "Risoterapia" must adapt to the target populations to which it is addressed.

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