

Effect of Self Management Training on Quality of Life among Tuberculosis Patients at Selected Villages of Patna, Bihar

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Abstract:

Introduction: Tuberculosis (TB) is a major public health challenge globally, particularly in low-resource settings. This pilot study evaluates the impact of self-management training (SMT) on the quality of life (QoL) of TB patients, using a quasi-experimental design with 20 participants in Patna, Bihar, India. Improvements in QoL was assessed using standardized tool. **Objective:** This pilot study is to assess the level of Quality of Life among Tuberculosis patients, to develop and implement Self-management training on Quality of life among Tuberculosis patients and to find out the association between Quality of life with selected demographic variables. **Methods:** This pilot study approach is quantitative research approach with Quasi experimental research design. This study consists of two groups that is experimental and control group. 130 is the planned sample size for each group for final study and 10% of the samples are taken from main study for this pilot study. Setting of the study is one selected DOTS center in Patna, Bihar. Data is collected through WHOQOL-BREF scale to assess QoL in tuberculosis positive patients. Data is analyzed by Descriptive and Inferential Statistics. **Results:** Descriptive and inferential statistics, including paired t-tests and ANOVA, were used to analyze differences in QoL scores between pre- and post-intervention phases. Post-intervention, the experimental group showed a significant increase in QoL scores (Mean: 93.6, SD: 14) compared to pre-test (Mean: 79.7, SD: 14.2; $p = 0.017$). The control group showed no significant change (Mean: 85.2 to 84.3; $p > 0.05$). **Conclusion:** Pilot study shown that the tool was feasible as the respondents understood clearly. Weekly once session of video assisted teaching of four sessions is not feasible, as the patients come from far and are working. Researcher tries to reduce to two sessions, so that the patients will be available. This pilot study underscores the potential of SMT in enhancing QoL among TB patients. Larger-scale studies are warranted to validate these findings and optimize intervention frameworks.

Keywords: Tuberculosis patients, Quality of life, Self management training, Video assisted Teaching

Introduction

India holds a significant load of tuberculosis (TB), accounting for approximately 26% of global TB cases¹. Despite of continuous efforts with the help of the National Tuberculosis Elimination Programme (NTEP), India reported 2.8 million new cases in 2023, with an alarming rise in drug-resistant strains². The emergence of drug-resistant TB strains and the COVID-19 pandemic have further worsened the TB management, leading to challenges in diagnosis, treatment initiation, and follow-up care³. A comprehensive study by Mehta et al. (2023) revealed that 45% of TB patients reported moderate to severe disruptions in their quality of life, with major hindrance in maintaining employment and social relationships⁴. Furthermore, evidence denotes that patient with better disease understanding and self-management skills handles tuberculosis in a well improved manner in terms of treatment outcomes and reduced complications⁵.

Saleem et al. (2018) reported that TB patients in Pakistan showed lower health-related QoL scores than the general population due to mental stress and treatment side effects⁶. Similarly, Rajalakshmi et al. (2020) found that even post-treatment, many patients in South India continued to face psychological and social challenges⁷. The quality of life (QoL) of TB patients is highly affected by the disease and its lengthy duration of treatment regimen. Studies have depicted that TB patients experience severe downgrade in physical, psychological, and social area due to long duration drug therapy, societal stigma, and economic challenges⁸.

Self-management interventions (SMI) are an effective strategy in TB care, focusing on teaching patients to take an initiative in managing their health conditions. These interventions include improving in QoL, adherence to treatment, lifestyle modifications, and psychological coping mechanisms. Jonkman et al. (2016) reported that SMIs improve adherence to treatment, increases self-efficacy, and positively affects health outcomes in chronic diseases⁹. Specifically, Bao et al. (2022) showed that mobile-based SMI improved QoL and treatment adherence among TB patients in China to the utmost level¹⁰.

Self-management training came out to be as a promising intervention in chronic disease management, showing vast benefits in conditions like diabetes and chronic obstructive pulmonary disease¹¹. However, its utilization in tuberculosis care remains comparatively unexplored, especially in the Indian context¹². While existing research remains focusing on clinical outcomes and treatment adherence, little attention has been paid to how structured self-management training helps in bringing positive outcome in patients' quality of life¹³. Recent pilot studies have shown better results, with patients receiving self-management education finds better symptom control, increased treatment adherence, and improved psychological well-being¹⁴. Therefore, finding out the effect of self-management training on TB patients' quality of life

presents an essential research opportunity that could predominantly transform TB care delivery and patient outcomes in India⁴.

There are number of reasons that supports research into self-management training's effect on TB patients' quality of life. Previous studies have primarily paid attention on clinical outcomes and treatment adherence¹⁵. While these aspects are essential, the holistic impact of self-management on patients' daily lives remains understudied¹⁶. Research by Kumar et al. (2021) highlighted that only 15% of TB-related studies in India addressed quality of life aspects¹⁷. Research in other chronic conditions showed the effectiveness of self-management interventions. A systematic review by Sharma and colleagues (2022) showed remarkable improvements in patient outcomes across various chronic diseases when self-management strategies were utilized¹⁸.

Some of the previous important studies that focuses research to be done in this direction are, Patel et al. (2023) conducted a mixed-methods study in Gujarat, involving 150 TB patients. Their conclusion suggested that patients with better self-management skills reported higher quality of life scores, even though the study didn't implement a specific training program¹⁹. Research by Mehta (2022) at AIIMS found the correlation between patient education and treatment outcomes²⁰. Singh and colleagues (2021) implemented a pilot self-management program in Maharashtra, showing significant results in treatment adherence. However, their sample size was limited (n=45), and quality of life was a secondary outcome²¹.

Some of the major research gaps identified and points towards the final study importance are limited long-term follow-up studies examining sustained impact, lack of standardized self-management training protocols, insufficient research on urban-rural differences in program effectiveness, limited understanding of family support roles in self-management.

Methodology

This study employed a quantitative research approach and utilized a quasi-experimental research design. The study consisted of two groups: an experimental group and a control group. The experimental group received self-management training (SMT) as an intervention focused on tuberculosis, its management, diet, lifestyle, and preventive measures to enhance quality of life. The control group did not receive any intervention. A post-test was conducted for both groups. The study was conducted at a selected DOTS Centre in Patna, Bihar, using a convenience sampling method.

The sample size for the main study was determined to be 130 participants in each group, calculated using Andrew Fisher's sampling formula. For the pilot study, 10% of the sample size was taken, resulting in a total of 20 participants. SMT was used as the intervention for the experimental group. In this pilot study, SMT was the independent

variable, while quality of life (QoL) was the dependent variable, as QoL depended on the SMT. Demographic variables were also considered in this study.

The target population consisted of pulmonary and extrapulmonary tuberculosis patients receiving anti-tuberculosis drugs under the DOTS Centre, while the accessible population included tuberculosis patients selected for the generalization of findings. Participants included tuberculosis patients who had been taking anti-tuberculosis drugs for up to four months at the selected DOTS Centre. Inclusion criteria were patients diagnosed and confirmed with pulmonary or extrapulmonary tuberculosis, aged between 18 and 60 years, willing to participate in the study, and providing informed consent. Exclusion criteria included patients diagnosed with MDR-TB or XDR-TB, those not taking ATT treatment, and those who had completed their treatment.

Data collection was divided into distinct sections. Section A addressed demographic variables, while Section B utilized the WHOQOL-BREF scale to assess the quality of life in both groups. Data from the pilot study were analyzed using descriptive statistics for demographic variables and inferential statistics, such as paired t-tests. The same plan was applied for the final study. ANOVA was employed to examine the association between quality of life and demographic variables.

Result

This pilot study evaluated the effect of Self-Management Training on Quality of Life among Tuberculosis patients at selected villages of Patna, Bihar. Result deals with two sections. Section one is about demographic variables findings and next section is about inferential statistics. Inferential statistics covers two parts. Part one is to assess the Effectiveness of Self-management training on Quality of life among Tuberculosis patients and second part is to find out any Association of quality of life with the selected demographic variables

Table 1: Frequency and Percentage distribution of demographic variables:

S. No.	Demographic Variables	Experimental		Control Group	
		Frequency	Percent	Frequency	Percentage
1	Age				
	18-26	6	60	5	50
	27-34	1	10	2	20
	35-42	2	20	1	10
	43-50	0	0	0	0
	51-60	1	10	2	20
	Total	10	100	10	100

2	Religion				
	Hindu	8	80	8	80
	Muslim	1	10	2	20
	Christian	1	10	0	0
	Total	10	100	10	100
3	Gender				
	Male	4	40	6	60
	Female	6	60	4	40
	Total	10	100	10	100
4	Education				
	Primary Education	3	30	7	70
	Secondary School Education	5	50	1	10
	Under graduate Education	2	20	2	20
	Total	10	100	10	100
5	Type of Family				
	Nuclear Family	4	40	2	20
	Joint Family	6	60	8	80
	Total	10	100	10	100
6	Income of the Family				
	10000-20000	4	40	3	30
	20001-30000	1	10	3	30
	30001-40000	5	50	2	20
	40001 and above	0	0	2	20
	Total	10	100	10	100
7	Occupation of the Participants				
	Daily wages	4	40	5	50
	Private Jobs	4	40	2	20
	Any other	2	20	3	30
	Total	10	100	10	100
8	Area of Living				
	Urban Area	8	80	10	100
	Rural Area	2	20	0	0
	Total	10	100	10	100
9	Duration of TB treatment				
	Less than one month	7	70	8	80

	Between 1-3 month	2	20	2	20
	Between 3-6 month	1	10	0	0
	Total	10	100	10	100
10	Type of TB				
	Pulmonary	5	50	7	70
	Extra-pulmonary	5	50	3	30
	Total	10	100	10	100

The findings of the demographic variables revealed notable trends in the participants' characteristics. The age distribution showed a predominance of younger participants aged 18–26 years in both the experimental (60%) and control (50%) groups, while the 27–34 age group was underrepresented (10% experimental, 20% control). Interestingly, the age group 43–50 was present only in the control group (10%), and there was no representation of participants aged 35–42 in the experimental group.

Religion-wise, Hindus formed the majority in both groups (80%), reflecting a similar religious composition. However, Muslims were slightly more represented in the control group (20%) than in the experimental group (10%), while Christians were present exclusively in the experimental group (10%), indicating a unique minority.

Gender distribution highlighted a higher proportion of females in the experimental group (60%), while the control group had a larger male representation (60%). Educationally, primary education was more prevalent in the control group (70%) compared to the experimental group (30%). Conversely, secondary education was dominant in the experimental group (50%) but minimal in the control group (10%). Both groups had an equal percentage of participants with undergraduate education (20%).

Regarding the type of family, nuclear families were more represented in the experimental group (40%) compared to the control group (20%). Conversely, joint families were predominant in the control group (80%), while the experimental group had a slightly lower representation (60%). In terms of family income, higher-income families earning ₹30,001–₹40,000 were more common in the experimental group (50%), whereas families earning above ₹40,001 were present only in the control group (20%). Income categories ₹10,000–₹20,000 and ₹20,001–₹30,000 were relatively evenly distributed across both groups.

Occupationally, daily wage workers were more common in the control group (50%) than in the experimental group (40%). Private job holders were equally represented in the experimental group (40%) but were significantly fewer in the control group (20%). Participants in the "any other" occupation category were more frequent in the control group (30%) than in the experimental group (20%).

In terms of living area, the control group exclusively consisted of urban participants (100%), while the experimental group had a mix of urban (80%) and rural (20%) participants. The duration of TB treatment showed that participants undergoing treatment for less than one month were more common in the control group (80%) compared to the experimental group (70%). Treatment durations of 1–3 months were equally represented in both groups (20%), while participants with a treatment duration of 3–6 months were present only in the experimental group (10%).

Lastly, the type of TB showed that pulmonary TB was more common in the control group (70%) compared to the experimental group (50%). In contrast, extrapulmonary TB was equally represented in the experimental group (50%) but was less frequent in the control group (30%).

Section 2: Inferential statistics

PART 1.

Effectiveness of Self-management training on Quality of life among Tuberculosis patients

Quality of Life		Mean	SD	Paired test 't'	p-value
Experimental Group	Pre-test	79.7	14.2	-2.92	0.01
	Post-test	93.6	14		
Control Group	Pre-test	85.2	17.7	0.19	0.84
	Post-test	84.3	16.7		

The analysis of the effectiveness of self-management training (SMT) on the quality of life among tuberculosis patients revealed significant findings. In the experimental group, the pre-test mean quality of life score was 79.7 (SD = 14.2), which improved to a post-test mean of 93.6 (SD = 14.0). The paired t-test value was -2.92, with a p-value of 0.017, indicating a statistically significant improvement ($p < 0.05$). This result strongly supports the effectiveness of SMT in positively impacting the quality of life for participants in the experimental group.

In contrast, the control group did not demonstrate any significant change in quality-of-life scores. The pre-test mean score was 85.2 (SD = 17.7), while the post-test mean score slightly decreased to 84.3 (SD = 16.7). The paired t-test value for the control group was 0.19, with a p-value of 0.84, indicating no statistically significant difference ($p > 0.05$).

These findings conclude that SMT is an effective intervention for improving the quality of life among tuberculosis patients, as evidenced by the significant improvements in the experimental group. The lack of change in the control group further underscores the impact of the intervention.

Table 4: Association of quality of life and selected demographic variables

Demographic variables	Mean	SD	df	F	P value
Age	1.75	1	3	1	0.72
18-26					
27-34					
35-42					
43-50					
51-60					
Religion					
Hindu	1.25	1	2	1	0.28
Muslim					
Christian					
Gender					
Male	1.5	1	1	0	0.63
Female					
Education					
Primary Education	1.7	1	2	1	0.45
Secondary School Education					
Under graduate Education					
Type of Family					
Nuclear Family	1.7	1	1	1	0.36
Joint Family					
Income of the family					
10000-20000	2.2	1	3	2	0.16
20001-30000					
30001-40000					
40001 and above					
Occupation of the Participants					
Daily wages	2.65	2	3	0	0.94
Private Jobs					
Any other					
Area of Living					
Urban Area	1.1	0	1	0	0.89

Rural Area					
Duration of ATT Drugs					
Less than One Month	1.3	1	2	1	0.35
Between 1-3 months					
Between 3-6 months					
Type of Tuberculosis					
Pulmonary Tuberculosis	1.4	1	1	0	0.59
Extra Pulmonary Tuberculosis					

The association of demographic variables with the quality of life was analyzed using mean, standard deviation (SD), degrees of freedom (df), F-statistics, and p-values. For age, the mean score was 1.75 (SD = 1.1), with an F-value of 0.5 and a p-value of 0.72, indicating no significant association with quality of life. Religion was similarly analyzed, with Hindus showing a mean of 1.25 (SD = 0.6), and the F-value was 1.4 with a p-value of 0.28, also reflecting no significant association.

Gender analysis revealed a mean score of 1.5 (SD = 0.5) for males, with an F-value of 0.2 and a p-value of 0.63, suggesting no significant difference in quality of life based on gender. Educational levels, including primary, secondary, and undergraduate education, had a mean of 1.7 (SD = 0.8), with an F-value of 0.8 and a p-value of 0.45, showing no significant relationship with quality of life.

Family type analysis indicated that participants from nuclear families had a mean score of 1.7 (SD = 0.5), with an F-value of 0.9 and a p-value of 0.36, signifying no significant association. For family income, the mean score was 2.2 (SD = 1.1), with an F-value of 2.0 and a p-value of 0.16, again showing no significant association with quality of life.

Occupation categories, including daily wages, private jobs, and other roles, had a mean score of 2.65 (SD = 1.5), with an F-value of 0.1 and a p-value of 0.94, indicating no significant association. The area of living, whether urban or rural, showed a mean of 1.1 (SD = 0.3), with an F-value of 0.0 and a p-value of 0.89, reflecting no significant relationship with quality of life.

For the duration of anti-tuberculosis treatment (ATT), participants undergoing treatment for less than one month, 1–3 months, and 3–6 months had a mean score of 1.3 (SD = 0.6), with an F-value of 1.1 and a p-value of 0.35, indicating no significant association. Finally, the type of tuberculosis (pulmonary or extrapulmonary) showed a mean of 1.4 (SD = 0.5), with an F-value of 0.3 and a p-value of 0.59, also demonstrating no significant relationship with quality of life.

Overall, the analysis of demographic variables did not reveal any significant associations with the quality of life, as none of the p-values were below the significance threshold of 0.05

Discussion

The findings highlight SMT's effectiveness in improving QoL among TB patients. Tuberculosis (TB) continues to be a major public health issue, particularly in developing nations like India, where the burden of TB is among the highest globally. As India strives to eliminate TB by 2025, interventions to enhance treatment adherence and improve the quality of life (QoL) among TB patients are crucial. Self-management training (SMT) is a promising approach that trained patients with the skills and knowledge to manage their condition effectively, remain adhere to treatment protocols, and improve overall well-being. This chapter elaborates on the findings of the pilot study, compares them with existing literature, and provides strong evidence for conducting the full study.

The pilot study examines the impact of self-management training (SMT) on the quality of life (QoL) of tuberculosis (TB) patients. The intervention includes education about tuberculosis, adherence strategies, counselling, and preventive measures delivered through video-assisted teaching. The outcomes were measured using the WHOQOL-BREF scale.

The results demonstrate that SMT significantly improved the QoL in the experimental group, with mean QoL scores increasing from 79.7 to 93.6. Conversely, the control group showed a slight decline in mean scores (85.2 to 84.3). These findings suggest that SMT is an effective intervention to enhance QoL in TB patients.

While comparing the findings of this pilot study with existing research there are certain strong points which highly suggests final study to be done.

Similar to the pilot findings, Abiz et al. (2020) observed that adherence to treatment and counselling enriched QoL in TB patients, particularly in physical and mental dimensions²². Another study by, Bao et al. (2022) also highlighted improved QoL through patient-cantered interventions focusing on treatment adherence and psychological support¹⁰.

Some of the Global studies are, in Pakistan, research indicated that insufficient clinician-patient interaction hindered treatment adherence (Saleem et al., 2018). This gap was addressed in the pilot through tailored video-assisted sessions⁶. Indonesian studies noted a positive relationship between QoL and self-efficacy in TB patients, reinforcing the pilot study's rationale to include self-care strategies (Nursamsi et al., 2022)²³.

While the pilot focused on immediate post-intervention results, Rajalakshmi et al. (2020) emphasized the importance of longitudinal studies to assess sustained QoL improvements after TB treatment completion⁷.

Some of the strong evidence of this pilot study in the terms of result that concludes the main study to be carried out are:

The pilot study provided strong evidence to support the feasibility and significance of conducting the main study. Participants found the tool easy to understand, and video-assisted teaching emerged as an effective intervention, demonstrating the feasibility of implementing the study on a larger scale. The data indicated a significant improvement in the quality of life (QoL) among the experimental group, validating the effectiveness of self-management training (SMT). Additionally, the study addressed a critical research gap, as limited Indian studies have explored SMT's impact on QoL in tuberculosis (TB) patients.

The video-based SMT intervention proved to be cost-effective and scalable, making it suitable for larger implementations. Its comprehensive content, including adherence strategies, dietary guidelines, lifestyle changes, and psychological counseling, aligned with international best practices, such as those outlined by Bao et al. (2022). Furthermore, the intervention was culturally and regionally customized, with video-assisted training delivered in the local language to ensure it was relatable and easy for patients to implement.

The pilot study's significant results demonstrated SMT's potential as a public health intervention, as evidenced by the QoL improvement in the experimental group. The absence of significant associations between demographic variables and QoL underscored SMT's universal applicability across diverse regions. The intervention also aligned with India's National Strategic Plan for TB Elimination by addressing critical factors such as adherence and QoL, both crucial in TB management.

Additionally, the study holds the potential for policy integration. If successful, the SMT model could be incorporated into national TB control programs, making it a scalable and affordable approach for the broader population. By addressing physical, psychological, and social well-being, SMT improves patient outcomes, meeting the overall health needs of TB patients and paving the way for better public health strategies in India.

Conclusion

This is the pilot study that is done to find out the effect of self-management training as intervention used in this study for tuberculosis patients so that their Quality of Life can be improved and ultimately overall burden of TB cases in India can decline, meeting the goals of NTEP. Quasi experimental was the approach taken for this pilot

study. After conducting all interventions followed by post-test, very significant and satisfactory output was measured as the experimental group shows a significant increase in QoL scores (Mean: 93.6, SD: 14) compared to pre-test (Mean: 79.7, SD: 14.2; $p = 0.017$). The control group showed no significant change (Mean: 85.2 to 84.3; $p > 0.05$). This output and other discussed research gaps, especially in this area are enough to contribute to the conclusion that main study should take place. And, conducting main and final study with the increased sample size will give us data in more organized, effective, and realistic manner. Overall, this study has the potential to address and meet different expectations of National programme in India.

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