



<p>Backhaus et al. (2016). Comparison of a cognitive-behavioural coping skills group to a peer support group in a brain injury population. <i>Arch Phys Med Rehabil</i>, 97(2): 281-291.</p>	<p><b>PEDro score</b> - 5/10</p>
<p>Method / Results</p>	<p>Rehabilitation Program</p>
<p><b>Design</b></p> <ul style="list-style-type: none"> <li>• <b>Study Type:</b> RCT.</li> <li>• <b>Population:</b> n=38, including 19 participants with ABI (32% TBI) and 19 caregivers. Participants with ABI mean age 50.8 years old, 79% male.</li> <li>• <b>Groups:</b> <ol style="list-style-type: none"> <li>1. Treatment group: BI coping skills group (CBT, n=9 participants and their caregivers).</li> <li>2. Support group (n=10 participants and their caregivers).</li> </ol> </li> <li>• <b>Setting:</b> Outpatient BI rehabilitation.</li> </ul> <p><b>Primary outcome measure/s:</b></p> <ul style="list-style-type: none"> <li>• Brain Injury Coping Skills Group Questionnaire (BICSQ), perceived self-efficacy.</li> <li>• Brief Symptom Inventory-18 (BSI-18), emotional distress.</li> <li>• Frontal Systems Behaviour Scale (FrSBe), neurobehavioural functions.</li> </ul> <p><b>Secondary outcome measure/s:</b></p> <ul style="list-style-type: none"> <li>• No other standardised measure.</li> </ul> <p><b>Results:</b> No significant differences between participants with ABI and caregivers on the BICSQ and BSI-18; Both groups (CBT and support group) showed significantly improved perceived self-efficacy between baseline and follow-up on repeated-measures analysis of variance, with the CBT group showing greater stabilization of change. CBT showed significant improvements at 3-month follow-up on measures of neurobehavioural functions.</p>	<p><b>Aim:</b> To promote perceived self-efficacy, emotional and neurobehavioural functioning.</p> <p><b>Materials:</b> Each member was provided a 124-page BI <u>coping skills workbook</u> including PowerPoint handouts. Facilitators were provided a 20-page <u>therapist manual</u> to use.</p> <p><b>Treatment Plan:</b></p> <ul style="list-style-type: none"> <li>• <b>Duration:</b> 16 weeks.</li> <li>• <b>Procedure:</b> 16 weekly sessions, 2 hours/session, included both participant with ABI and their caregiver.</li> <li>• <b>Content:</b>  <u>BI coping skills group:</u>            Divided into 6 modules. Goal formulation and management training were embedded throughout the intervention.            Modules:           <ol style="list-style-type: none"> <li>1. Introduction to BI</li> <li>2. Expectations for recovery</li> <li>3. Tips for managing challenging problems</li> <li>4. Learning about depression after BI</li> <li>5. Four Rs of stress management</li> <li>6. Communicating effectively with professionals.</li> </ol> </li> </ul> <p><u>Support group</u>            Peer-directed. The role of the facilitators was to provide a place where the group could meet, help spark conversations during quiet moments, and be present to manage any potential incidents that could occur (e.g., physical altercations, verbally aggressive behaviours).</p>