



<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>PEDro score - 5/10</p>
<p>Method / Results</p>	<p>Rehabilitation Program</p>
<p>Design</p> <ul style="list-style-type: none"> • Study Type: RCT. • Population: n=38, including 19 participants with ABI (32% TBI) and 19 caregivers. Participants with ABI mean age 50.8 years old, 79% male. • Groups: <ol style="list-style-type: none"> 1. Treatment group: BI coping skills group (CBT, n=9 participants and their caregivers). 2. Support group (n=10 participants and their caregivers). • Setting: Outpatient BI rehabilitation. <p>Primary outcome measure/s:</p> <ul style="list-style-type: none"> • Brain Injury Coping Skills Group Questionnaire (BICSQ), perceived self-efficacy. • Brief Symptom Inventory-18 (BSI-18), emotional distress. • Frontal Systems Behaviour Scale (FrSBe), neurobehavioural functions. <p>Secondary outcome measure/s:</p> <ul style="list-style-type: none"> • No other standardised measure. <p>Results: 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>Aim: To promote perceived self-efficacy, emotional and neurobehavioural functioning.</p> <p>Materials: 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>Treatment Plan:</p> <ul style="list-style-type: none"> • Duration: 16 weeks. • Procedure: 16 weekly sessions, 2 hours/session, included both participant with ABI and their caregiver. • Content: <p><u>BI coping skills group:</u> Divided into 6 modules. Goal formulation and management training were embedded throughout the intervention.</p> <p>Modules:</p> <ol style="list-style-type: none"> 1. Introduction to BI 2. Expectations for recovery 3. Tips for managing challenging problems 4. Learning about depression after BI 5. Four Rs of stress management 6. Communicating effectively with professionals. <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>