

Target Area: Executive Functioning Deficits / Movement & Motor Problems

<p>Gauggel, Leinberger & Richardt (2001). <i>Goal Setting and Reaction Time Performance in Brain-Damaged Patients</i>. Journal of Clinical and Experimental Neuropsychology 23(3): 351-361</p>	<p>PEDro score - 5/10</p>
<p>Method/Results</p>	<p>Rehabilitation Program</p>
<p>Design:</p> <p>Y Studytype:RCT.</p> <p>Y Population: Patients who suffered either a closed head injury or a cerebral vascular accident. An orthopedic control group was also recruited, but is not discussed in this summary. For participants in the two brain injured groups M=42±14 years. Gender breakdowns were not provided. Head injury patients in the two groups were similar for length of coma.</p> <p>Y Groups: Specific and high goal group (n=32), "Do your best" goal group (n=30).</p> <p>Y Setting: Inpatient rehabilitation.</p> <p>Primary outcome measure/s:</p> <p>Y Performance on a choice reaction time task (time taken and number of errors).</p> <p>Y 7 item questionnaire on goal commitment.</p> <p>Secondary outcome measure/s:</p> <p>Y None.</p> <p>Result: All groups performed at a low error rate. A significant Goal x Block interaction was found (wherein error rate decreased for the high, specific goal group but increased slightly for the "do your best" goal group). A significant Goal by Block interaction was found also found for time taken, wherein participants with a specific, high goal responded more quickly than participants with a "do your best" goal. Goal commitment was relatively high in the group with high, specific goals.</p>	<p>Aim: To increase motivation and improve performance on tasks using specific and high set goals, which direct attention to specific aspects of the task and mobilize effort.</p> <p>Materials: Computer, software for a reaction time task.</p> <p>Treatment plan:</p> <p>Y Duration: 1 hr.</p> <p>Y Procedure: 1 session of 1 hr duration.</p> <p>Y Content: Participants completed 3 practice blocks and then 8 treatment trials of a reaction time task. After completing 4 treatment blocks feedback was given on their times. After this:</p> <ul style="list-style-type: none"> - <i>Specific and high goal group</i>: goals were set on the basis of a percentage improvement from the baseline performance (ie. 20% decrease in RT). Participants were told a specific speed to work towards, and given feedback after each block. If they met the goal, they were told to repeat this, if they did not reach the goal they were encouraged to reach the goal next time. - <i>Control group</i>: participants were told to respond as fast as possible during each block. No further feedback about their performance was given.