



Target Area: Self efficacy/ Self esteem, Activities of daily living, Mood > Depression

<p>Jones, F., Mandy, A. & Partridge, C. (2009). Changing self-efficacy in individuals following a first time stroke: preliminary study of a <i>novel self-management intervention</i> <i>Clinical Rehabilitation 23: 522-533</i></p>	<p>SCED score - 6/10</p>
<p>Method/Results</p>	<p>Rehabilitation Program</p>
<p>Design</p> <ul style="list-style-type: none"> ➤ Study Design: Multiple-participant two-phase (baseline followed by treatment) single subject design. ➤ Population: Seven men, three women following first stroke. ➤ Setting: Community <p>Target Behaviour measures:</p> <ul style="list-style-type: none"> ➤ Stroke Self-Efficacy Questionnaire (SSEQ) ➤ General Self-Efficacy Scale (GSES) ➤ Recovery Locus of Control Scale (RLOC) ➤ Rivermead Mobility Index (RMI) ➤ Rivermead Activities of Daily Living Scale (RADL) ➤ Subjective Index of Physical and Social Outcome (SIPSO) ➤ Hospital and Anxiety Depression Scale (HAD) <p>Primary Outcome Measure/s:</p> <ul style="list-style-type: none"> ➤ No additional measures <p>Results: Use of an individualised self-management intervention led to statistically significant improvements in self-efficacy and sense of control. No significant effects were found for mobility, participation or mood.</p>	<p>Aim: To examine the effects of a self-management intervention in patients after first time stroke.</p> <p>Materials:</p> <ul style="list-style-type: none"> ➤ Interactive self-management workbook (developed by first author). It can accessed through the website www.stepsoutuk.org.uk. <p>Treatment Plan:</p> <ul style="list-style-type: none"> ➤ Duration: Treatment phase of four weeks. Treatment phase was introduced at random time-points from 5-11 weeks. ➤ Procedure: Each participant was provided with the treatment workbook at the start of the treatment phase. Participants were tested a total of 14 times each on all seven outcome measures, between 5-7 days apart. ➤ Content: The treatment workbook contains four sections: 1. Vignettes from other stroke patients; 2. Stories describing individual solutions to common problems post stroke; 3. Examples of different strategies used by stroke patients to maintain and enhance their functional activity and participation; 4. Diary section used to set and monitor small personal weekly targets.