

## PSYCHOSOCIAL FUNCTIONING AFTER LONG-TERM NEUROPSYCHOLOGICAL REHABILITATION

**Background/Objective:** To evaluate the effects on psychosocial functioning after attending a long-term neuropsychological rehabilitation in a group. The study is focused on depression, psychosocial adaptation and quality of life.

**Method:** Participants of the day program (long-term neuropsychological rehabilitation) at The Center of Rehabilitation of Brain Injury in Aalborg are included in the study. The participants are adults with an acquired brain injury (traumatic brain injury, brain hemorrhage, stroke, encephalitis etc.) Questionnaires included in the study: Demographic data (made by the author), Becks Depression Index, Becks Anxiety Index, Katz Adjustment Scale & WHO Quality of Life. Occupational performance and physiological measures: COPM (Danish version), Body Mass Index (BMI), Blood pressure, Balance, Physical fitness & Walking pace. The questionnaires/tests are administered three times: At the beginning of the course (T1), at the end of the course approximately 4 month after the start (T2), and 1 year after the end of the course (T3).

**Preliminary results:** 15 participants are now included in the study with data from T1 and T2. The group consist of 8 women and 7 men with an average age of 48,47 years.

Preliminary results show that the prevalence of depression decreased from 73,3% in T1 to

53,3% in T2, and the participants reported fewer symptoms of depression at the end of the course ( $z = -2,066$ ,  $p = 0,044$ ). Furthermore, the participants reported a better psychosocial adjustment at the end of the course with fewer symptoms of anxiousness; nervousness; depression and helplessness (Emotionality Index) ( $z = -2,814$ ,  $p = 0,005$ ); and fewer symptoms of confusion; expressive deficits and withdrawal (Disorientation/Withdrawal index) ( $z = -3,143$ ,  $p = 0,002$ ). The results also showed that the participants evaluated their performance ( $z = -3,041$ ,  $p = 0,002$ ) and their satisfaction with their performance ( $Z = -3,059$ ,  $p = 0,002$ ) as higher at the end of the course, and in addition they had a better balance ( $-2,671$ ,  $p=0,008$ ).

**Conclusion:** The participation in the day program at The Center of Rehabilitation of Brain Injury in Aalborg has a positive effect on the prevalence of depression and on the reported symptoms of depression. Generally, it seems as though the participants have a better psychosocial adjustment at the end of the course. Furthermore, the participants are more satisfied with their performance and have a better balance. The author estimates having results from all three administrations (7 participants) at the conference in August 2010.

### *Authors:*

*Rytersgaard, Trine; The Center of Rehabilitation of Brain Injury, Aalborg, Denmark*