

Increased self-efficacy after brain injury group intervention

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1. Background and Aim

The concept of 'self-efficacy' (an individual's sense of their capacity to deal with the particular sets of conditions that life puts before them¹) is well established as being a key contributor to effective self-management of long-term conditions². Hence any intervention that can enhance self-efficacy is of importance in service provision at both individual and organisational levels.

The Gloucestershire Brain Injury Team run a six-session group intervention facilitated by a clinical psychologist and an occupational therapist, and the current analysis aims to assess to what extent this intervention has an impact upon attendees' self-efficacy.

2. Method

Attendees are given self-report self-efficacy questionnaires³ before and after the group attendance, as well as self-report measures of strategy use and satisfaction with the intervention.

The group content includes information about the brain and brain injury, fatigue management, goal-setting, management of cognitive difficulties such as concentration, memory and executive functions, managing emotional and behavioural changes, input from an expert patient and the local Headway charity. Family members are encouraged to attend.

3. Results: self-efficacy

96 sets of before and after self-efficacy measures were compared using a Wilcoxon Signed Ranks test (Table 1 and Figure 1). This indicated a statistically significant increase in self-efficacy scores following the intervention ($p < 0.01$).

4. Results: strategy use

96 sets of before and after strategy use measures were compared using Wilcoxon signed ranks tests. There were statistically significant increases in frequency of strategy use relating to fatigue management, concentration difficulties, planning/organising difficulties and emotion management.

5. Results: satisfaction

Of the 96 attendees' self-reported satisfaction with the intervention, 100% rated themselves as being 'satisfied' with the group sessions, with 93% of those rating themselves as 'very satisfied'.

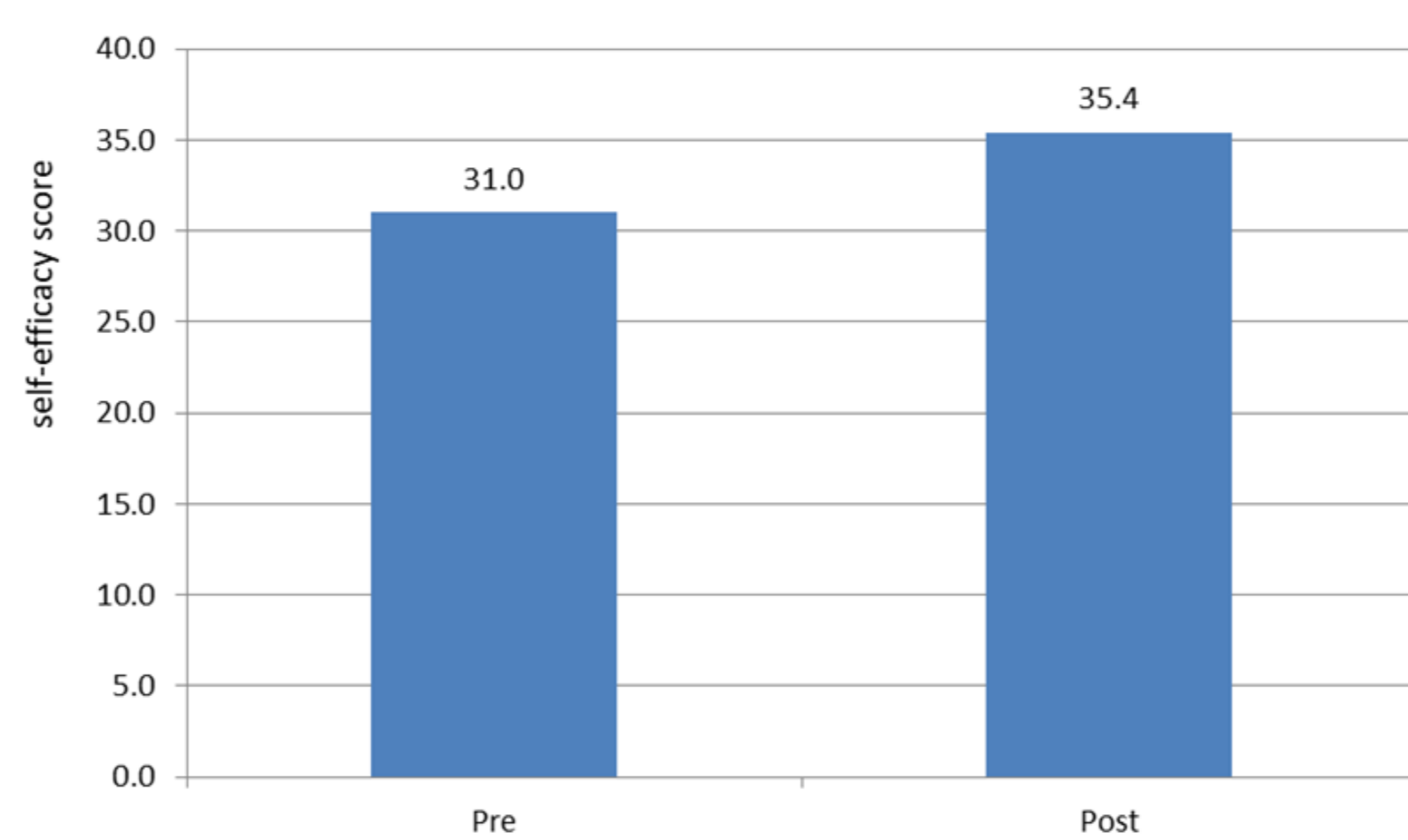
Table 1

Mean self-efficacy scores pre- and post- intervention

Measure	Pre-intervention	Post-intervention	Significance
Self-efficacy	31.0	35.4	0.01

Figure 1

Mean self-efficacy scores pre- and post- intervention



6. Conclusion and Discussion

Attendance at a six-session group intervention relating to the management of the consequences of brain injury is associated with increased self-efficacy. In addition it is associated with increased management strategy use and has high levels of patient satisfaction.

If indeed self-efficacy mediates effective implementation of self-management strategies then the increased self-efficacy reported post-intervention is a positive finding, not only in relation to the quality of life of individual attendees but also in relation to the frequency with which they will need to access services in the years ahead.

The increased frequency of strategy use across several domains tallies with the significant increase in reported self-efficacy post-intervention.

7. Affiliations and References

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- 2 Bandura, A. (1997). Self-efficacy: The exercise of control. New York: Freeman.
- 3 Schwarzer, R. & Jerusalem, M. (1995). Generalised self-efficacy scale. In J. Weinman, S. Wright & M. Johnston, Measures in Health Psychology: A user's portfolio. Causal and control beliefs (pp. 35-37). Windsor, UK: NFER-Nelson.