



RESTORED: Promoting Resilience After Stroke in Dyads

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Background and Purpose

Strokes not only physically and cognitively affect the stroke survivor, but they also affect the survivor's partner. Depression manifests in about 30-50% of survivors and partners. The purpose of this intervention is to try and decrease both survivors' and their partners' symptoms of depression and improve well-being. There are currently few therapeutic interventions that take this into account, for survivors and partners. To address this need, this positive psychology intervention is designed for couples to complete together.

Methods

Couples are being recruited who have experienced a stroke six months or more ago, who are currently living together, and experience some depressive symptoms. The 8-week intervention is completed at home, combined with three in person clinic assessments. Outcomes such as mood, well-being, and participation in activities are assessed before, during, and after the intervention. The intervention will include different tasks for couples to complete; they are instructed to engage in two positive psychology activities individually and two as a couple per week, for a total of four a week.

Results

Preliminary findings from the first 15 couples show a significant decrease in depression for both the stroke survivor and the partner. They have reported that they feel 70% less depressed after the eight weeks. The participants have generally been satisfied with the intervention and feel as if they have benefited from it.

Conclusion and Discussion

This study has a lot of potential to help find and measure the possibility of positive psychology interventions for couples who have dealt with strokes. The preliminary results demonstrate success with this method of intervention. However, there are limitations to this study. The sample size is very small, and it is difficult to generalize findings. With a larger sample the results could potentially change. After recruiting more couples, more accurate results will be seen.