

4th International Conference on

Mental Health and Human Resilience

April 26-27, 2018 | Rome, Italy

Post-traumatic growth after ABI: a pilot study in a Singaporean cohort

Christine Lock, J Kwok and N C Keong
National Neuroscience Institute, Singapore

Introduction: Acute Brain Injury (ABI) is often perceived as both a physically and psychologically traumatic event. The multiple deficits as a result of brain injury can change perceptions of self, relationships and general life outlook. Positively overcoming this adversity whilst assigning meaning to this struggle leads to the potential for post-traumatic growth. Cultural differences may influence coping processes, and post-traumatic growth after ABI has not been widely studied in Southeast Asian populations. We used two validated questionnaires on high-functioning stroke patients.

Methodology: We administered the Hospital Anxiety and Depression Scale (HADS) and Post-Traumatic Growth Inventory (PTGI) to nine Singaporean ABI patients diagnosed with spontaneous brain haemorrhage between 2014-2017. Participants consisted of eight females and one male, with an average age of 54.2 years. The PTGI consisted of five factors: relating to others; new possibilities; personal strength; spiritual change and; appreciation of life.

Findings: Appreciation of life and relating to others were the highest rated factors on the PTGI. Depression on the HADS displayed significant negative correlations with new possibilities ($r=-.814$, $p<.01$) and Personal strength ($r=-.748$, $p=.02$) on the PTGI. Within the PTGI, New possibilities was positively correlated to personal strength ($r=.895$, $p<.01$) and relating to others ($r=.736$, $p=.024$). Relating to others significantly correlated to personal strength ($r=.723$, $p=.028$).

Conclusion & Significance: In this pilot study of high-functioning stroke patients, we found that a renewed appreciation for life and social support were important factors contributing to post-stroke recovery and growth. Results also suggest that the development of new possibilities and perceived self-efficacy are related to fewer depressive symptoms. Further research can look into increasing sample size, and cross-correlations of multiple quality of life questionnaires for patient's post-ABI.

Recent Publications:

1. Calhoun L G and Tedeschi R G (2009) Handbook of posttraumatic growth: research and practice. Mahwah, NJ: Lawrence Erlbaum Associates. (Vol. 1).
2. Kuenemund A, Zwick S, Rief W and Exner C (2016) (Re-) defining the self – enhanced posttraumatic growth and event centrality in stroke survivors: A mixed-method approach and control comparison study. *Journal of Health Psychology* 21(5):679-689.
3. Mack J, Herrberg M, Hetzel A, Wallesch C W, Bengel J, Schulz M and Schönberger M (2015) The factorial and discriminant validity of the German version of the Post-traumatic Growth Inventory in stroke patients. *Neuropsychological Rehabilitation* 25 (2):216-232.
4. Rana M, Bullinger M and Rana M (2015) coping with stroke: A prospective comparative cross-cultural research. *Journal of Religion & Health*. 54 (1):173-186.
5. Splevins K, Cohen K, Bowley J and Joseph S (2010) Theories of posttraumatic growth: Cross-cultural perspectives. *Journal of Loss and Trauma* 15(3):259-277.

Biography

Christine Lock has research experience in behavioural science analysis and neurosurgical research. She has worked with governmental organisations concentrating on individual motivation and crisis response, and is currently doing clinical research specifically in patients with brain injury. Her research interests include improving general mental health through systematic reviews of cognitive assessments and intervention efficacy.

christine_lock_hm@nni.com.sg