

## STARTING POINT

### AIM

Exploring how a combination of self-report questionnaires could be used to identify clients' self-perceived problems in everyday life prior goal setting in rehabilitation after ABI.

### PARTICIPANTS

Two matching groups were recruited (ABI and healthy controls). The diagnoses in the ABI group (n15) were:

- 8 cerebrovascular diseases
- 4 intracranial injury
- 2 anoxic brain damage
- 1 malignant neoplasma

This case mix will/can be found in any Swedish rehabilitation clinic offering publically founded rehabilitation programs to in- and out patients with neurological diagnoses. Time since onset of brain injury varied from 6 month to 5 years.

## ASSESSMENT

### METHOD



#### Community Integration Questionnaire (CIQ)

Who usually prepares meals in your household?

- ☐ Yourself alone
- ☐ Yourself and someone else
- ☒ Someone else

Can you tell me approximately how often you usually participate in the following leisure activities such as movie:

- ☒ Never
- ☐ 1-4 times
- ☐ 5 or more

Please choose the answer below (during the past month) school or

- ☐ Full time
- ☐ Part time
- ☒ Not attending school or training programme

#### Comprehensive Assessment of Prospective Memory (CAPM)

Response key: 1 (Never), 2 (Rarely - once a month), 3 (Occasionally - 2-3 times in a month), 4 (Often - weekly), 5 (Very often - daily) and NA (not applicable - if you have not had to do the task)

In the past month, how often have you been forgetting? Try to answer as many questions as you can without using the "Not Applicable" response:

Forgetting to eat a meal (BADL) 1 2 3 4 5 NA  
Forgetting to buy an item at the grocery store (IADL) 1 2 3 4 5 NA

#### Cognitive Failure Questionnaire (CFQ)

Response key: 0 (never), 1 (very rarely), 2 (occasionally), 3 (quite often) and 4 (very often)

The following questions are about minor mistakes that everybody makes from time to time, but some of which happen more often than others. We want to know how often these things have happened to you in the last 6 months.

Do you have trouble making up your mind (distractibility)? 4 3 2 1 0  
Do you fail to hear people speaking to you when you are doing something else (blunders)? 4 3 2 1 0  
Do you forget where you put something like a newspaper or a book (memory)? 4 3 2 1 0

A combination of self-report questionnaires used to capture cognitive functioning in everyday life in the clients' personal context: will that enable clients to participate in a goal setting process in rehabilitation?

### CONCLUSION

The combination of self-report questionnaires highlighted the clients' personal context. Memory problems and cognitive mishaps has to be interpreted in relation to the clients' life situation. Moreover, subscale Home Integration in CIQ, and items Not Applicable in CAPM illustrated which chores the client actually carried out in everyday life. The factor analysis in CFQ might underpin the choice of interventions after goalsetting. Still, studies are needed to confirm if the combination of self-report questionnaires could be used as a client-centred method of formal goal identification and goal setting in rehabilitation after ABI.

### CLINICAL IMPLICATIONS

CIQ, CAPM and CFQ together illustrated the clients' life situation, when analysing responds in each subscale. CIQ and CAPM added knowledge about activities carried out in everyday life. CFQ illustrated if mistakes where based on distractibility, memory or blunders.

The frequency of memory lapses was influenced by the number of activities: left to somebody else/skipped or doing together/alone.

The question has to be raised if the client desire to reduce frequent memory lapses or to become involved in more everyday chores, when identifying goals.

Using formal assessments to include the client's perspective, might enable clients with ABI to participate in the goal setting process.

#### Single female (ABI)

CIQ 1) Home integration - was doing all chores alone, except from grocery shopping left to somebody else to do  
2) Social integration - took part in activities away from home less often than once a week.

CAPM Frequent memory lapses in 1 BADL and in 8 IADL activities, 5 items NA

CFQ Most cognitive mishaps due to distractibility

#### Married male with children (ABI)

CIQ 1)Home integration - carried out all chores together with someone else, except from grocery shopping done alone 2) Social integration - left home almost every day, and was engaged in leisure activities and visited family/friends several times/month.

CAPM Frequent memory lapses in 4 IADL activities, 5 items NA

CFQ Cognitive mishaps equally distributed between distractibility, blunders and memory

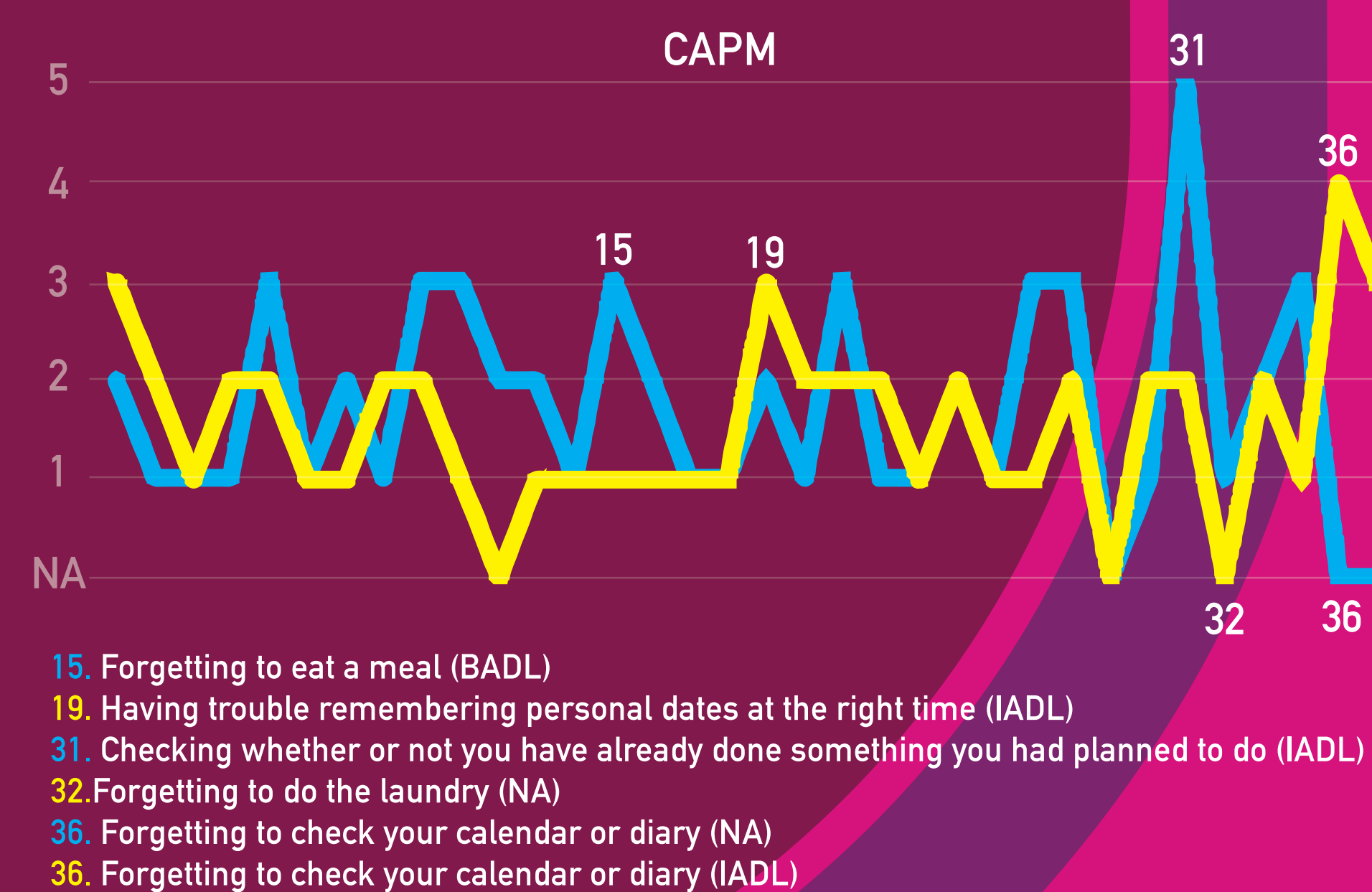
## RESULTS

Comparison between ABI (n15) and control group (n15)

Scales	Mean		Range	
	ABI	Control	ABI	Control
CIQ - total (25)	12.4	18.8	7-18	14-23
Home integration (10)	5.5	6.7	0-10	4-10
Social integration (10)	6.7	8.3	5-8	5-10
Productivity (5)	0.1	3.8	0-1	1-5
CAMP -total (5)	1.6	1.7	1.1 - 2.5	1.3 - 2.1
Not Applicable items	5.33	1.53	0-19	0 - 5
CFQ -total (75)	32.7	36.0	15-60	19-53

Comparison between two matched pairs - single female and married males with children

Scales/Scores	Single females		Married men with children	
	ABI (case 1)	Control	ABI (case 2)	Control
CIQ - total (25)	15	23	13	16
Home integration	8	10	6	5
Social integration	6	9	6	7
Productivity	1	4	1	4
CAMP -total (5)	1.9	1.1	1.7	1.3
IADL	2.1	1.1	2	1.4
BADL	1.4	1	1.1	1
Not Applicable	5	5	3	3
CFQ -total (75)	40	19	36	51
Memory	7	2	11	15
Distractibility	18	9	12	20
Blunders	9	6	12	12



## GOAL SETTING

## EVALUATION

## INTERVENTION



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