

Quick Review of Model System Research

Efficacy of a Group-Based Education Intervention for People with Traumatic Brain Injury: Supplementary Results from a 12-Month Randomized Controlled Trial

What is the study about?

This study looks at the efficacy of an education and self-management program called the brain health group (BHG). The BHG focuses on brain health education and self-management for individuals with moderate to severe traumatic brain injury (TBI). The program is twelve months long and consists of 22 sessions that emphasize topics such as: 1) depression and anxiety, 2) goal setting, 3) mindfulness, 4) memory and attention, 5) return to work, 6) fatigue, 7) communication and relationships, and 8) purpose after TBI.

What did the study find?

Overall, participants generally found the BHG program to be helpful in improving knowledge about brain health and increasing self-management skills. Program participants showed an increase in self-efficacy (belief in one's ability to manage situations) for health behaviors and improved satisfaction with life. Additionally, attendance in the program was high at 89% over the 12 months.

Who participated in the study?

Participants were 57 individuals with moderate to severe TBI took part in the study, and 29 took part in the BHG program.

How was the study conducted?

This study used secondary data analysis of a larger randomized control trial in which participants were randomly assigned to either an experimental group or the BHG, which served as an attention control group. The experimental condition consisted of a 12-month healthy lifestyle program. The results of the larger trial comparing the healthy lifestyle program to the BHG are published in another study. By analyzing data on the BHG alone, researchers were able to determine the efficacy of the BHG program.

How can people use the results?

Individuals with TBI and their family can use the results of the study to better understand how brain health knowledge and self-management are linked to life satisfaction and self-efficacy.

Reference

McShan, E. E., Juengst, S., Douglas, M. E., Noorbakhsh, D., Calhoun, S., Bennett, M., Suhalka, A., Dubiel, R., & Driver, S. (2023). Efficacy of a group-based education intervention for people with traumatic brain injury: supplementary results from a 12-month randomized controlled trial. *Brain injury*, 37(10), 1205–1214. <https://doi.org/10.1080/02699052.2023.2225874>

Disclaimer

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