

Investigating the link between Self- Efficacy and Goal Attainment in people with Stroke as part of a Stroke Self- Management study

Ahmad Sahely

Saudi Arabia

Purpose: To explore whether self- efficacy influence's goal attainment in people with stroke in a self- management study.

Methods: This study was completed on 19 stroke survivors, 7 females and 12 males, the mean age was 67.7 (+_15.2) with ages ranging from 36-87 (51 years). The control group received standard NHS care only post stroke, whereas the intervention group received a self- management programme on top of their NHS care. Completed data collection of Stroke Self Efficacy Questionnaire (SSEQ), General Health Questionnaire (GHQ-12) and Montreal Cognitive Assessment (MoCA) at the 0- and 3-month mark and Goal Attainment Scaling (GAS) at the 3-month mark. Data collection involved psycho-social testing including MoCA and GHQ-12; to study the influence of self-efficacy and related factors on attainment of goals.

Results : Significant positive correlation found between GAS and SSEQ in the control group ($p < 0.05$). No significant correlation found between GAS and SSEQ in the intervention group.

Conclusion : Self- efficacy does have a positive influence on goal attainment in people with stroke during their rehabilitation. However, more research is required, with higher numbers of participants to confirm this theory

Biography

Dr. Sahely has been engaged in clinical practice and scientific research in rehabilitation of neurological conditions. Since 2009, he has been exploring and examining evidence-based practice for stroke rehabilitation. He also has experienced changes in practice during the COVID-19 pandemic including the development and implementation of remote rehabilitation and self-management-based strategies. During his master and PhD work, Dr Sahely has had the opportunity to work in different clinical and geographical settings including Canada, UK and Saudi Arabia.

asahely@jazanu.edu.sa

Abstract received : August 19, 2024 | Abstract accepted : August 20, 2024 | Abstract published : 12-12-2024