

# A Psychosocial Transitional Group to Improve Adaptation, Coping and Mental Health Outcomes Following Trauma

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## Background

- Trauma-acquired neuromusculoskeletal (NMSK) injuries (e.g., fractures, amputations & nerve or vascular damage) are a significant contributor to disability worldwide.
- Individuals with NMSK injuries often experience chronic pain & mental health disorders, such as post-traumatic stress disorder (PTSD) &/or depression, which can significantly impair daily functioning & quality of life.
- Coping self-efficacy is a strong predictor of recovery after trauma, & enhancing coping self-efficacy may improve long-term outcomes.
- Supportive-Expressive Group Therapy (SEGT) fosters emotional expression and peer support, potentially improving coping.
- Evidence for SEGT in inpatient rehab settings remains limited.

## Objective

- To assess the feasibility, acceptability & effectiveness of a psychosocial group intervention for NMSK injury inpatients in a rehabilitation setting.

## Methods

- Two-arm feasibility study. ClinicalTrials.gov ID: NCT05320445
- Identified 82 inpatients with trauma-acquired injuries between Jan. 2023 & Dec. 2024.
- 55 consented & were randomized to SEGT or a treatment-as-usual (TAU) condition.
- Surveys were distributed at baseline, discharge & 3-months post discharge.
- SEGT participants were invited to complete 1 one-month post-discharge interview.

## Study Arms

SEGT (n=21)  
Co-facilitated by psychiatrist & healthcare professional.  
  
6 modules (2 sessions/ week).

TAU (n=34)  
Standard care with social work & psychiatric support where needed.

## Outcomes

### PRIMARY OUTCOMES

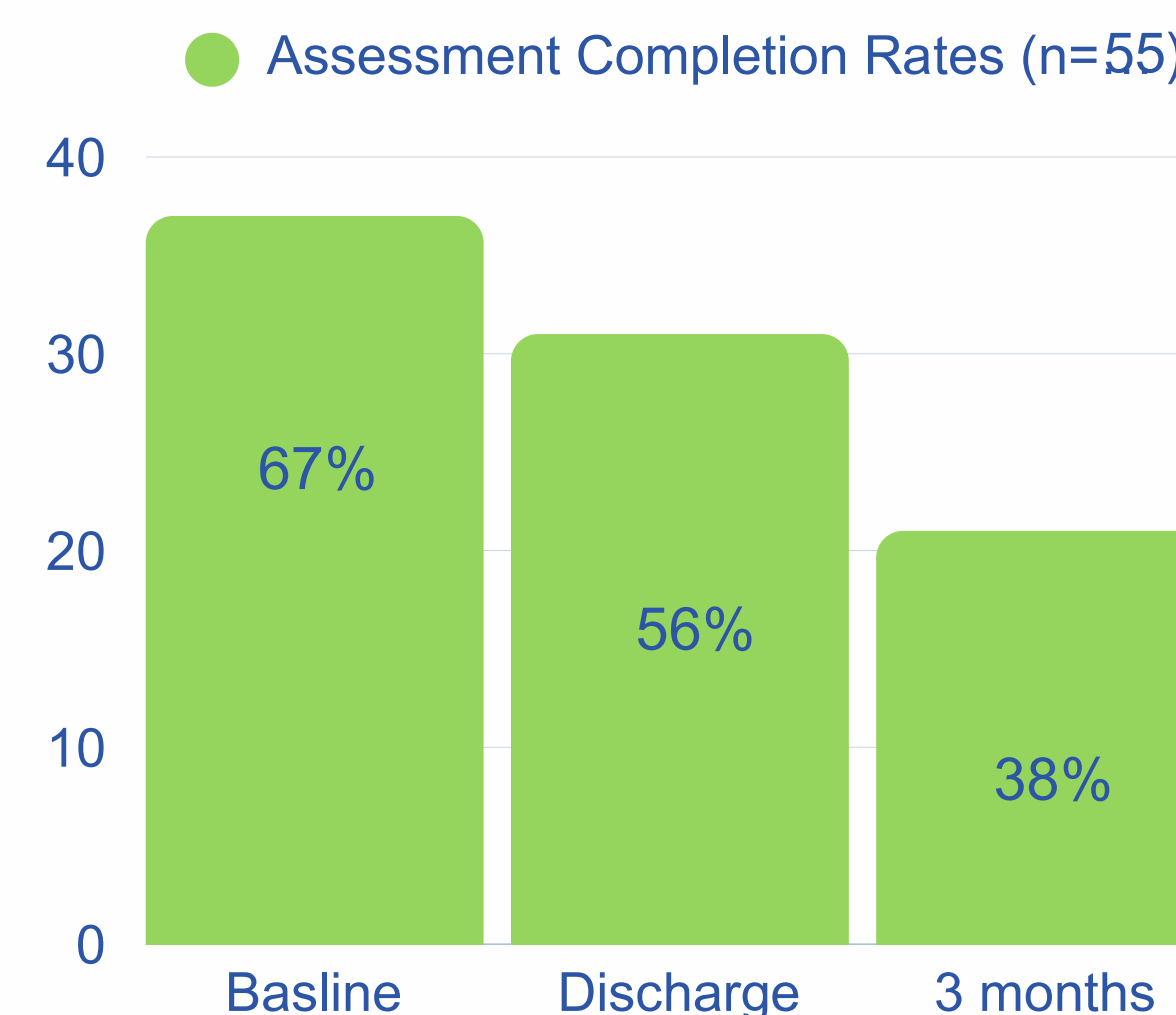
1. Treatment adherence.
2. Questionnaire completion rates.
3. Number of participants who completed SEGT sessions & the 1-month post-discharge interview.
4. Feedback from interviews & staff focus group.

### SECONDARY OUTCOMES

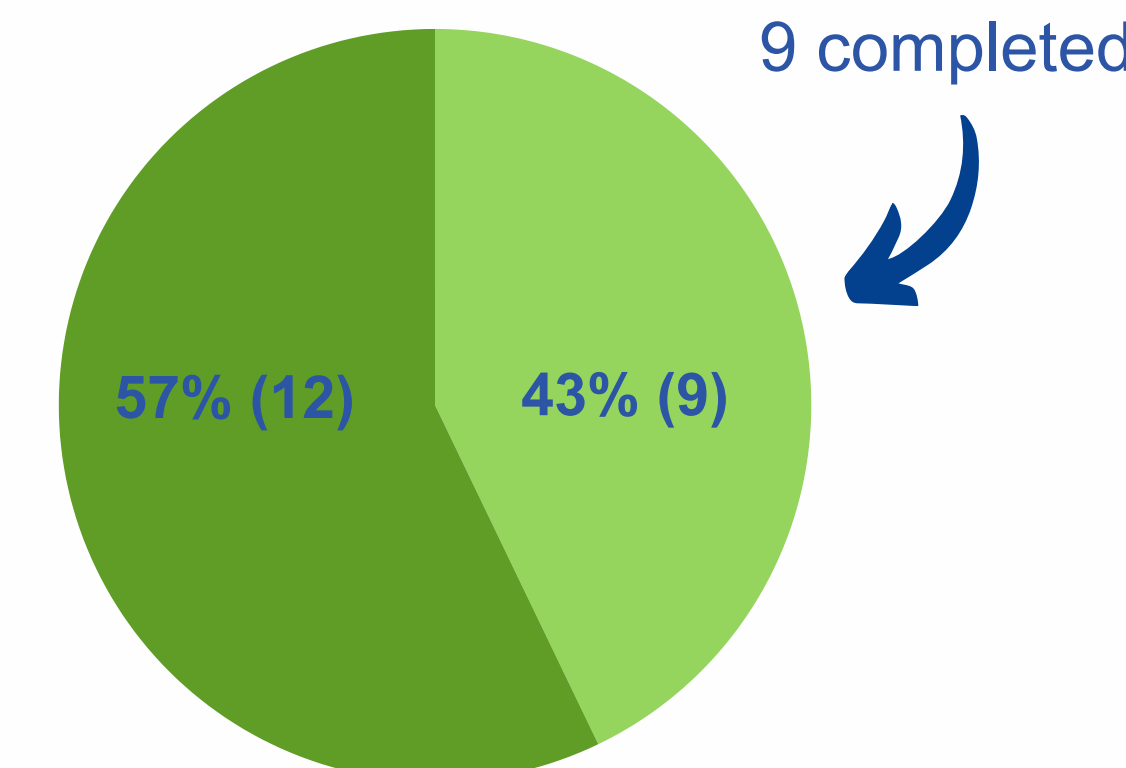
1. Coping Self-Efficacy Scale
2. Impac Event Scale Revised
3. Short Form-36
4. Post-Traumatic Stress Disorder Checklist
5. Post Traumatic Growth Inventory
6. Reintegration to Normal Living Index

## Feasibility Results

- Five participants did not qualify for the study & 3 participants were discharged before completing any assessments



Interview Completion rate for SEGT (n=21)



## Participation Rates

- Average attendance rate of group sessions: 3.2 sessions (SD = 2.4).
- 5 participants attended all 6 sessions.
- Clinical staff recruited for focus group (n=7).

## Discussion / Conclusions

- Goal was to recruit 60 participants, 30 in each group.
- Successfully recruited 55 participants (21 SEGT; 34 TAU).
- Challenges caused by COVID-19 (e.g., unit lockdowns / isolation) impacted recruitment numbers.
- Recruitment window was also an issue; updated mid-trial.
- High completion rates of baseline (67%) & moderate rates of discharge assessment (56%) & 3-month follow-up (38%).
- Preliminary findings from interviews & focus group show positive feedback from participants.
- Information gained will guide the creation of a large efficacy trial.



## Next Steps:

- Data analysis of the secondary outcomes is in progress.
- Qualitative coding will be completed for the interviews & focus group.

## Acknowledgements

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