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Improving Self-Awareness in People with Brain Injury using Video Feedback: Protocol for a double blinded randomised controlled trial.

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Background

Self-awareness is described as an understanding of one's strengths and limitations and their impact on everyday functioning. Decreased self-awareness is one of the biggest obstacles to successful rehabilitation of people with brain injury, affecting individuals' motivation and engagement in therapy. Occupational therapists facilitate the development of self-awareness in people after a brain injury with various techniques. However, there is currently no method of best practice for the treatment of decreased self-awareness.

Aim/Purpose

This research aims to investigate the effectiveness of a potentially powerful approach to improving self-awareness, namely the use of video feedback of functional tasks.

Method

Using a randomised controlled trial, the study will compare the use of video feedback, verbal feedback, and functional activity alone in 75 participants with traumatic brain injury. The focus of investigation is "online awareness" that involves self-monitoring and error correction during functional tasks.

Discussion

The protocol of the randomised controlled trial will be reviewed, including background research highlighting the importance of the development of self-awareness in clients with a brain injury. The outcome measures, procedures, and hypotheses will be discussed, demonstrating the research focus to determine the most effective method to improve "online awareness".

Conclusion

Developing self-awareness in people with a brain injury is integral in maximising their outcome in occupation and life roles. The improvement of client's self-awareness and levels of functional independence will improve motivation and compliance, thereby improving the rehabilitation outcome.

Learning Outcomes

Occupational therapists will gain information about the impact and significance of decreased self-awareness in people with traumatic brain injuries, the treatments available and the future research to establish best practice in rehabilitation.