

## Target Area: Behaviour Problems

<p>Aeschleman &amp; Imes (1999). <i>Stress Inoculation Training for Impulsive Behaviors in Adults with Traumatic Brain Injury</i>. <i>Journal of Rational-Emotive and Cognitive Behavior Therapy</i> 17(1): 51-65.</p>	<p>RoBiNT score - <i>to be confirmed</i></p>
<p><b>Method/Results</b></p>	<p><b>Rehabilitation Program</b></p>
<p><b>Design:</b></p> <p>Y Study type: SSD. Multiple baseline across participants.</p> <p>Y Participants: 5 males (20–30 years old) with moderate–severe TBI.</p> <p>Y Setting: Residential facility</p> <p><b>Target behaviour measure/s</b></p> <p>Y Observation of impulsive behaviours: verbal; gestural; physical and other; as recorded by trained recorders during 1.5 hours early and late in the day and 2 hours during day activities.</p> <p>Y Role play probes (participant rated on 9 dimensions of self-control).</p> <p><b>Primary outcome measure/s:</b></p> <p>Y None.</p> <p><b>Result:</b> Behaviour remained highly variable but mean “impulsive behaviours” fell from 8.4 (baseline) to 3.3 (no stats). Role playing ratings also increased over time (no stats).</p>	<p><b>Aim:</b> To use stress inoculation program to decrease frequency of impulsive behaviour.</p> <p><b>Materials:</b> Behaviour diary, Self-control rating scale (SCRS); quizzes to test knowledge of:</p> <ol style="list-style-type: none"> <li>1. Self control.</li> <li>2. Self statements.</li> <li>3. Applications</li> <li>4. Relaxation tapes.</li> </ol> <p><b>Treatment plan:</b></p> <p>Y Duration: 10 weeks.</p> <p>Y Sequence: 20 sessions x 50 minutes x 3 times/week.</p> <p>Y Content: Progressive sessions (supplemented with homework):</p> <ol style="list-style-type: none"> <li>1. Identification and characterisation of problem behaviours.</li> <li>2. Relaxation training.</li> <li>3. Self instructional training.</li> <li>4. Coping skills training.</li> <li>5. Role playing of tasks.</li> <li>6. Anger management.</li> <li>7. Generalisation.</li> </ol>