

Target Area: Anxiety, Depression, Stress & Adjustment / Behaviour Problems

<p>Wade, Carey & Wolfe (2006). <i>The Efficacy of an Online Cognitive-Behavioural Family Intervention in Improving Child Behaviour and Social Competence Following Pediatric Brain Injury</i>. <i>Rehabilitation Psychology</i> 51(3): 179-189</p>	<p>PEDro score – 6/10</p>
<p>Method/Results:</p> <p>Design: Y Study Type: RCT. Y Population: 39 families of children with moderate to severe TBI (M=11 years; SD=3.2, 56% male, mean lowest GCS score=11.4). Y Groups: Assigned to online: 1. Family-centred problem-solving (FPS: n=20, 55% male, M=10.92 years; SD=2.45). 2. Internet Resources Comparison (IRC: n=20, 60% male, M=11.00 years; SD=3.93) Y Setting: Family home with computer.</p> <p>Primary Outcome Variables: Y Child Behaviour Checklist (CBCL) (Achenbach & Rescorla, 2001). Y Problem Solving and Communication subscale from the Family Assessment device (FAD) (Miller et al, 1985). Y Home and Community Social Behaviour Scale (HCSB) scale (measuring self-management).</p> <p>Secondary outcome measure/s: Y Children's ratings of ease of use and helpfulness. Y Children's ratings of emotional reactions to the web site and videoconferences.</p> <p>Results: HCBS scores improved for the FPS group more than did the IRC. Those who were older (more than 11 y.o.) and from lower socioeconomic status, had larger effect sizes.</p>	<p>Rehabilitation Program</p> <p>Aim: To use online CBT to improve childhood adjustment to TBI.</p> <p>Materials: PC, broadband connection, web camera and printer in each family's home; web-site and sessional content designed by authors.</p> <p>Treatment Plan Y Duration: 14 separate web-based sessions completed by families at own pace over several months. Y Procedure: Each session 1–2 weeks to complete. Therapist assisted if not completed in 2–4 weeks. Following completion of each session, therapist organised tele-conference to review. Y Content: 8 core sessions: 1. Overview, identify goals. 2. Positive problem orientation. 3. Steps of problem solving. 4. Cognitive changes. 5. Behaviour changes. 6. Communication. 7. Crisis management. 8. Planning for the future. 9. Remaining 6 tailored to individual context including stress management, working with schools, sibling concerns, anger management, pain management, marital communication.</p>