



# Psychological factors and the course of participation after stroke

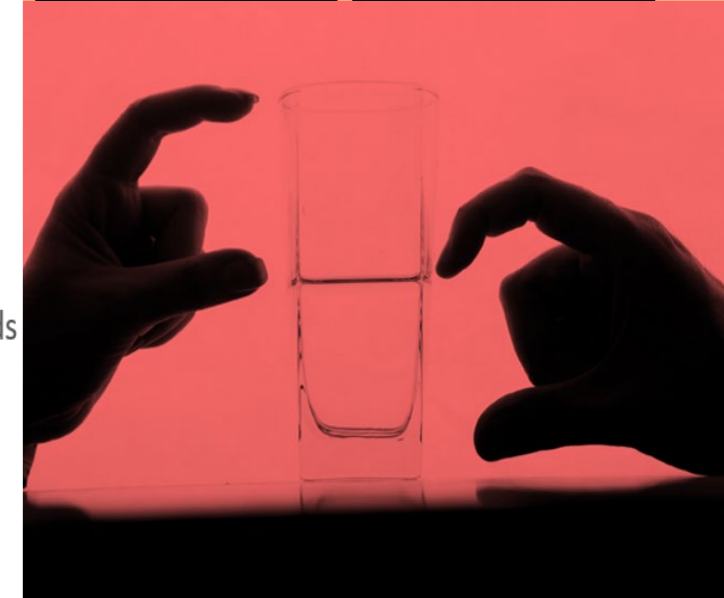
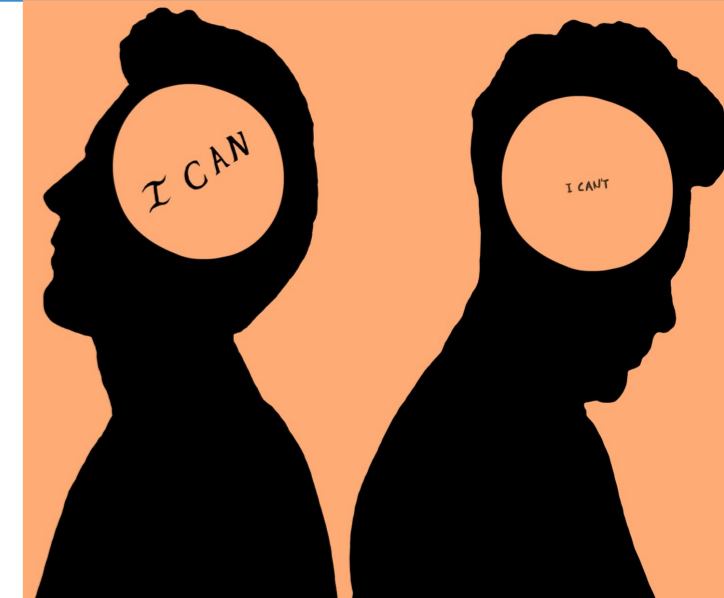
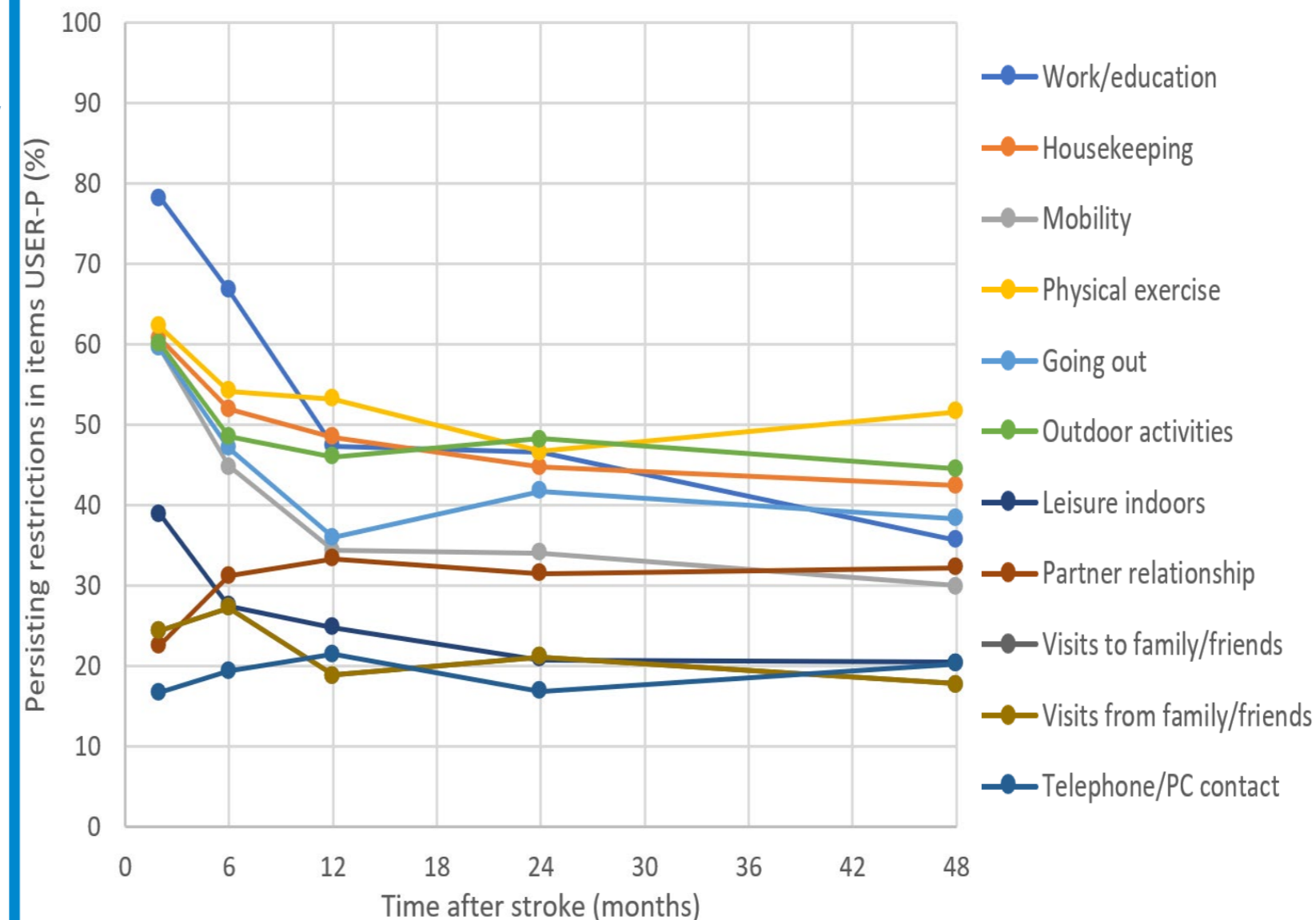
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## Aims

1. To explore the course of participation from 2 months up to 4 years after stroke
2. To examine if adaptive and maladaptive psychological factors and mood measured 2 months after stroke are determinants of the course of participation during this period.

## Methods

- Multicenter prospective longitudinal cohort study (up to 4 years after stroke)
- 369 stroke patients were recruited within 7 days of stroke onset.
- USER-Participation restrictions subscale was used.
- Psychological factors were clustered into adaptive (proactive coping, self-efficacy, extraversion and optimism) and maladaptive (passive coping, neuroticism and pessimism) psychological factors.
- Multivariate linear mixed model analysis was performed.



## Take-home messages

- Restrictions in participation are considerable up to four years after stroke, improvements in participation are only observed up to one year after stroke.
- Both mood problems and less adaptive psychological factors are independently associated with worse participation up to four years after stroke.
- Follow-up assessments after stroke should not only focus on cognitive/motor impairment and mood problems, but also encompass screening on adaptive psychological factors (extraversion, optimism, proactive coping and self-efficacy)!