

**FEASIBILITY OF A SELF-MANAGEMENT INTERVENTION TO IMPROVE
MOBILITY IN THE COMMUNITY AFTER STROKE (SIMS): A MIXED-
METHODS PILOT STUDY**

Results

Figure 1. Flow of participants in the study.

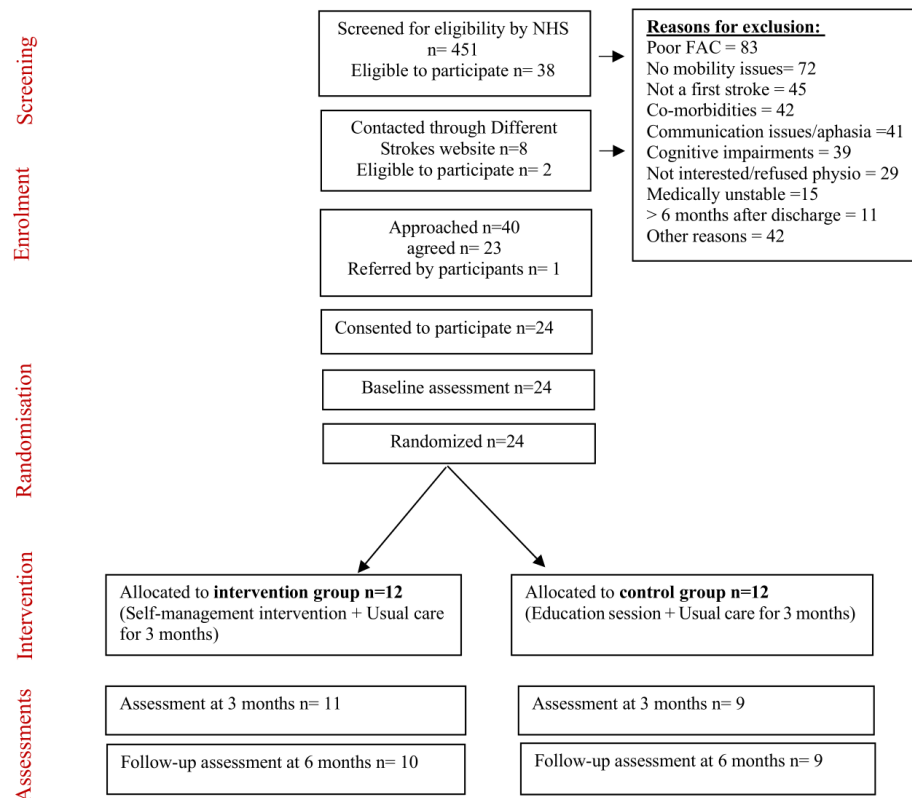


Table 5.2 Participants' demographics and baseline data

	Total N = 24 Mean (range)	Intervention group (n=12) Mean (range)	Control group (n=12) Mean (range)
Mean age (range)*	67 years (36-87)	63 years (36-86)	71 years (45-87)
Gender (F/M)	10/14	6/6	4/8
Height (cm)*	166.35 (147.32-185.42)	166.87 (147.32-184.15)	165.84 (152-185.42)
Weight (kg)*	72.20 (45-101.6)	76.59 (45-101.6)	67.81 (46-98.42)
Time since stroke (months)*	4.3 (2-7)	4 (2-7)	4.5 (3-7)
Stroke type (Ischemic/Haemorrhagic)	19/5	9/3	10/2
Have a carer	16	9	7
Affected side of the body	14 Left and 10 Right	7 Left and 5 Right	7 Left and 5 Right
Stroke self-efficacy questionnaire*	86.16 (61-121)	85.83 (111-61)	86.5 (121-61)
Functional gait assessment*	17.58 (7-29)	18 (12-29)	17.16 (7-26)
10 Meter walking test (m/sec)*	Comfortable walking = 0.51 (0.06-1.44)	Comfortable walking = 0.53 (1.44-0.11)	Comfortable walking = 0.493 (1.12-0.06)
	Fast walking = 0.60 (0.09-1.28)	Fast walking = 0.607 (1.02-0.11)	Fast walking = 0.59 (1.28-0.09)
Timed up and go (sec)*	26.28 (5.97-97.44)	23.15 (58.34-10.92)	29.42 (97.44-5.97)
6 minutes walking test (m)*	141.1 (26-300)	151.87 (40-260)	130.29 (26-300)
Patient specific functional scale*	3.75 (0.5-7)	3.74 (0.6-7)	3.76 (0.5-6.66)
Montreal Cognitive Assessment*	22.7 (11-30)	22.41 (11-30)	22.91 (18-26)
General Health Questionnaire-12*	18.04 (33-6)	16.25 (6-29)	19.83 (9-33)

*Values are provided with means and range

Table 5.1 Mean scores and standard deviations of functional outcome measures at baseline, 3 month and 6 months.

	<i>Baseline</i>		<i>3 months</i>		<i>6 months</i>	
<i>Outcome measures Mean (SD)</i>	Intervention	Control	Intervention	Control	Intervention	Control
<i>Stroke self-efficacy questionnaire</i>	85.83 (17.97)	86.5 (19.43)	98.2 (17.22)	97.44 (18.11)	93.9 (21.57)	99.88 (17.81)
<i>Functional gait assessment</i>	18 (5.70)	17.16 (6.05)	20.4 (5.01)	19.33 (6.22)	20.50 (5.70)	19.44 (7.17)

10 Meter walking test (comfortable)	0.53 (0.34)	0.49 (0.31)	0.54 (0.27)	0.54 (0.28)	0.53 (0.28)	0.60 (0.23)
10 Meter walking test (fast)	0.60 (0.29)	0.59 (0.33)	0.71 (0.38)	0.66 (0.38)	0.70 (0.40)	0.72 (0.30)
Timed up and go	23.15 (12.97)	29.42 (25.66)	20.24 (12.75)	16.73 (9.09)	17.94 (10.18)	16.54 (8.06)
6 minutes walking test	151.87 (67.66)	130.29 (87.03)	153.4 (70.40)	171.27 (68.49)	168.7 (67.45)	179 (75.01)
Patient specific functional scale	3.74 (2.23)	3.76 (1.8)	5.16 (2.77)	6.99 (1.80)	5.43 (2.39)	7.14 (1.83)
Montreal Cognitive Assessment	22.41 (5.51)	22.91 (2.67)	21.8 (5.31)	22.77 (3.59)	22.5 (4.79)	22.88 (3.62)
General Health Questionnaire-12	16.25 (6.31)	19.83 (7.32)	13.3 (6.40)	13.55 (6.48)	14.10 (6.80)	14.87 (9.46)
Goal attainment scale	-	-	50.43 (11.25)	51.81 (12.85)	-	-
Use of assistive device	5	7	3	3	3	3

Participants reported perceived improvements in their walking in the focus groups from their lived experience.

Adverse events

There were some reported events that were related to participation each of which are commonly experienced to different levels by stroke survivors. These events included muscle pain, fatigue and depression because of not achieving some goals. Other events (not-related to participation) included a death of one participant the control group after baseline assessment, 2 fractures (1 neck and 1 leg), 5 COVID-19 infections, 1 pneumonia and 1 chest infection.

