

# Self-management training: a controlled investigation of its effectiveness in improving coping skills, mood and quality of life with patients with acquired physical disability

<b>Submission date</b>	<b>Recruitment status</b>	<input type="checkbox"/> Prospectively registered
10/02/2015	No longer recruiting	<input type="checkbox"/> Protocol
<b>Registration date</b>	<b>Overall study status</b>	<input type="checkbox"/> Statistical analysis plan
19/02/2015	Completed	<input type="checkbox"/> Results
<b>Last Edited</b>	<b>Condition category</b>	<input type="checkbox"/> Individual participant data
20/02/2015	Mental and Behavioural Disorders	<input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

People with acquired physical impairments, such as limb amputation and spinal cord injury, commonly experience additional problems including pain, anxiety and depression. These problems can prevent them from participating fully in society and can diminish their quality of life (QoL). Traditionally, attempts to improve well-being for people with physical impairments have focused on treatment of these problems after they have become established.

Opportunities for early intervention to manage pain and other problems before they become chronic are typically missed.

Self-management (SM) interventions have been developed in the context of patient-centred care, where patients are empowered to take a central role in their health and well-being. SM interventions aim to provide patients with the necessary skills and confidence to deal with health-related problems and to manage negative emotions. SM has been used widely in chronic illnesses in which pain and disability are common. However, SM has not been used as a preventive intervention during the early rehabilitation phase following physical impairment. The aim of our research is to investigate how well an SM programme works for the prevention of disabling secondary conditions and improvement of QoL following the onset of significant physical impairment. The key objective is to improve health and wellbeing. As the impact of acquired physical impairment extends beyond the individual patient to families and friends, improving health and quality of life for the patient will have positive spill over effects for families, friends and wider communities.

### Who can participate?

Adults with limb amputation or spinal cord injury.

### What does the study involve?

Participants are randomly allocated to one of two groups: receiving usual care plus the "Next Steps UK and Ireland self-management programme" or receiving usual care only.

What are the possible benefits and risks of participating?

Not provided at time of registration

Where is the study run from?

National Rehabilitation Hospital, Ireland

When is the study starting and how long is it expected to run for?

From February 2011 to July 2014.

Who is funding the study?

National Health Research Board (Ireland)

Who is the main contact?

Dr Deirdre Desmond

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## Contact information

### Type(s)

Scientific

### Contact name

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## Additional identifiers

### Protocol serial number

HRB\_HSR/2010/12

## Study information

### Scientific Title

Promoting quality of life and preventing secondary disability following acquired physical impairment: a controlled trial of a self-management intervention

### Study objectives

1. Compared to standard treatment alone, individuals who receive the self-management intervention plus standard care will have lower levels of depressive and anxiety symptoms, and

improved positive affect and positive mindset.

2. Compared to standard treatment alone, individuals who receive the self-management intervention will have higher levels of participation and health related quality of life.
3. Changes in both primary and secondary outcomes will correlate strongly with the intermediate outcome of self-efficacy.

### **Ethics approval required**

Old ethics approval format

### **Ethics approval(s)**

National Rehabilitation Hospital Ethics Committee, Maynooth University Ethics Committee

### **Study design**

Single-centre controlled clinical trial (two group block randomized design)

### **Primary study design**

Interventional

### **Study type(s)**

Prevention

### **Health condition(s) or problem(s) studied**

Patients with acquired physical impairment (spinal cord injury and limb amputation)

### **Interventions**

Participants were allocated to control or intervention groups according to timing of admission. Control group participants received usual care. Participants in the intervention group received usual care plus the 'Next Steps UK & Ireland self-management programme'.

### **Intervention Type**

Behavioural

### **Primary outcome(s)**

1. Pain: Brief pain Inventory
2. Depressive Symptoms: Hospital Anxiety and Depression Scale
3. Positive Affect: Positive and Negative Affect Schedule Positive States of Mind scale

Data collected on admission to rehabilitation, 7 weeks later and at 6 months post-programme.

### **Key secondary outcome(s)**

1. Restrictions in Activities and Participation: WHODAS-II and the Community Participation Indicators
2. Self-management knowledge, skills, confidence: Patient Activation Measure (SF)
3. Quality of Life: WHOQoL

Data collected on admission to rehabilitation, 7 weeks later and at 6 months post-programme.

### **Completion date**

01/12/2015

### **Eligibility**

## **Key inclusion criteria**

Inclusion criteria consist of (1) being aged 18 years or older; (2) having limb amputation or spinal cord injury; (3) English speaking; (4) no more than 3 weeks previous inpatient rehabilitation for the current condition; onset of index injury/condition within 1 year.

## **Participant type(s)**

Patient

## **Healthy volunteers allowed**

No

## **Age group**

Adult

## **Lower age limit**

18 years

## **Sex**

All

## **Key exclusion criteria**

Exclusion criteria: unable to provide informed consent; severe cognitive impairment; presence of any other serious health condition that attending physician believes limits their ability to participate in the study.

## **Date of first enrolment**

01/08/2011

## **Date of final enrolment**

31/07/2014

## **Locations**

### **Countries of recruitment**

Ireland

### **Study participating centre**

National Rehabilitation Hospital  
Ireland

## **Sponsor information**

### **Organisation**

Maynooth University

ROR

<https://ror.org/048nfjm95>

## Funder(s)

### Funder type

Government

### Funder Name

Health Research Board (Ireland)

## Results and Publications

### Individual participant data (IPD) sharing plan

#### IPD sharing plan summary

Not expected to be made available

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes