

Online occupational therapy to help stroke survivors improve everyday activities

Submission date 25/02/2026	Recruitment status No longer recruiting	☐ Prospectively registered ☐ Protocol
Registration date 25/02/2026	Overall study status Completed	☐ Statistical analysis plan ☐ Results
Last Edited 24/08/2026	Condition category Circulatory System	☐ Individual participant data ☒ Record updated in last year

Plain English summary of protocol

Background and study aims

Many people experience ongoing difficulties with everyday activities after stroke. This study aims to examine whether an online occupational therapy program for Greek-speaking individuals with chronic stroke is feasible and acceptable and to explore its potential effects on daily activities.

Who can participate?

Adults aged 18 years or older who had a stroke more than 6 months ago, speak Greek, and have access to the internet can take part.

What does the study involve?

Participants are randomly allocated to receive an online occupational therapy program or to a waitlist group. The program is delivered online over approximately 10 weeks. Assessments are completed online at the start, after the intervention period, and one month later.

What are the possible benefits and risks of participating?

Participants may experience improvements in everyday activities. No serious risks are expected. Participation may involve mild fatigue or inconvenience related to online sessions.

Where is the study run from?

Cyprus University of Technology

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

February 2025 to July 2026

Who is funding the study?

Investigator initiated and funded

Who is the main contact?

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Contact information

Type(s)

Public, Scientific, Principal investigator

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Additional identifiers**Study information****Scientific Title**

A pilot randomized waitlist-controlled trial comparing tele-CO-OP with a waitlist control to assess feasibility, acceptability, and preliminary efficacy in Greek-speaking individuals with chronic stroke

Acronym

Tele-CO-OP Pilot RCT

Study objectives**Ethics approval required**

Ethics approval required

Ethics approval(s)

Approved 07/10/2024, Cyprus National Bioethics Committee (Ploutonos & 22 Laertou Str., Nicosia, 2365, Cyprus; +357 (0)22819101 / 22819122 / 22-809039 / 22-809038; cnbc@bioethics.gov.cy), ref: EEBK/ΕΠ /2024/59

Primary study design

Interventional

Allocation

Randomized controlled trial

Masking

Blinded (masking used)

Control

Uncontrolled

Assignment

Parallel

Purpose

Treatment

Study type(s)**Health condition(s) or problem(s) studied**

Chronic stroke

Interventions

Method of randomisation

Participants are randomly allocated to the intervention or waitlist control group using a computer-generated stratified randomization scheme with a 1:1 allocation ratio. Randomization is conducted by an independent statistician, with stratification by age (≤ 55 years, > 55 years) and location (Cyprus, Greece). Allocation concealment is ensured using sealed opaque envelopes that are opened only after completion of baseline assessments.

Intervention group:

Participants receive tele-delivered Cognitive Orientation to daily Occupational Performance (tele-CO-OP), consisting of 16 individual sessions (up to 1 hour each) delivered over a maximum period of 10 weeks (1–2 sessions per week) by a trained occupational therapist via videoconferencing.

Control group:

Participants allocated to the waitlist control group receive no active rehabilitation for 10 weeks and are subsequently offered the tele-CO-OP intervention if they wish.

Intervention Type

Behavioural

Primary outcome(s)

1. Feasibility of the intervention measured using recruitment rate, retention rate, and session attendance (number of sessions attended out of 16) at baseline to post-intervention (10 weeks)
2. Acceptability of the intervention measured using participant-reported satisfaction and engagement questionnaire at post-intervention (10 weeks)

Key secondary outcome(s)

1. Occupational performance and satisfaction measured using the Canadian Occupational Performance Measure (COPM) at baseline, post-intervention (10 weeks), and 1-month follow-up
2. Quality of task performance measured using the Performance Quality Rating Scale (PQRS) at baseline, post-intervention (10 weeks), and 1-month follow-up
3. Upper limb use in daily activities measured using the Motor Activity Log (MAL) at baseline, post-intervention (10 weeks), and 1-month follow-up

4. Functional independence in activities of daily living measured using the Modified Barthel Index (MBI) at baseline, post-intervention (10 weeks), and 1-month follow-up

5. Stroke-related quality of life measured using the Stroke-Specific Quality of Life Questionnaire (SS-QOL) at baseline, post-intervention (10 weeks), and 1-month follow-up

Completion date

27/07/2026

Eligibility

Key inclusion criteria

1. Adults aged ≥ 18 years with ischemic or hemorrhagic stroke ≥ 6 months post-stroke
2. Greek-speaking (native or fluent)
3. Ability to self-identify 5 specific areas of everyday life difficulties
4. Access to internet-enabled device suitable for videoconferencing
5. Ability to provide informed consent

Healthy volunteers allowed

No

Age group

Mixed

Lower age limit

18 Years

Upper age limit

99 Years

Sex

All

Total final enrolment

18

Key exclusion criteria

1. Other neurological or severe psychiatric conditions that required hospitalization
2. Dementia diagnosis or cognitive impairment (≤ 21 on the Montreal Cognitive Assessment [MoCA])
3. Severe aphasia (the "Cookie Theft" picture from the Boston Diagnostic Aphasia Examination [BDAE])
4. Concurrent participation in other occupational therapy

Date of first enrolment

17/02/2025

Date of final enrolment

19/05/2026

Locations

Countries of recruitment

Cyprus

Greece

Sponsor information

Organisation

Cyprus University of Technology

ROR

<https://ror.org/05qt8tf94>

Funder(s)

Funder type

Funder Name

Investigator initiated and funded

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not expected to be made available