

## Which aspects of the therapeutic alliance are valued by people with aphasia in speech and language therapy? A Q-methodology study

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# Which aspects of the therapeutic alliance are valued by people with aphasia in Speech and Language Therapy? A Q methodology study

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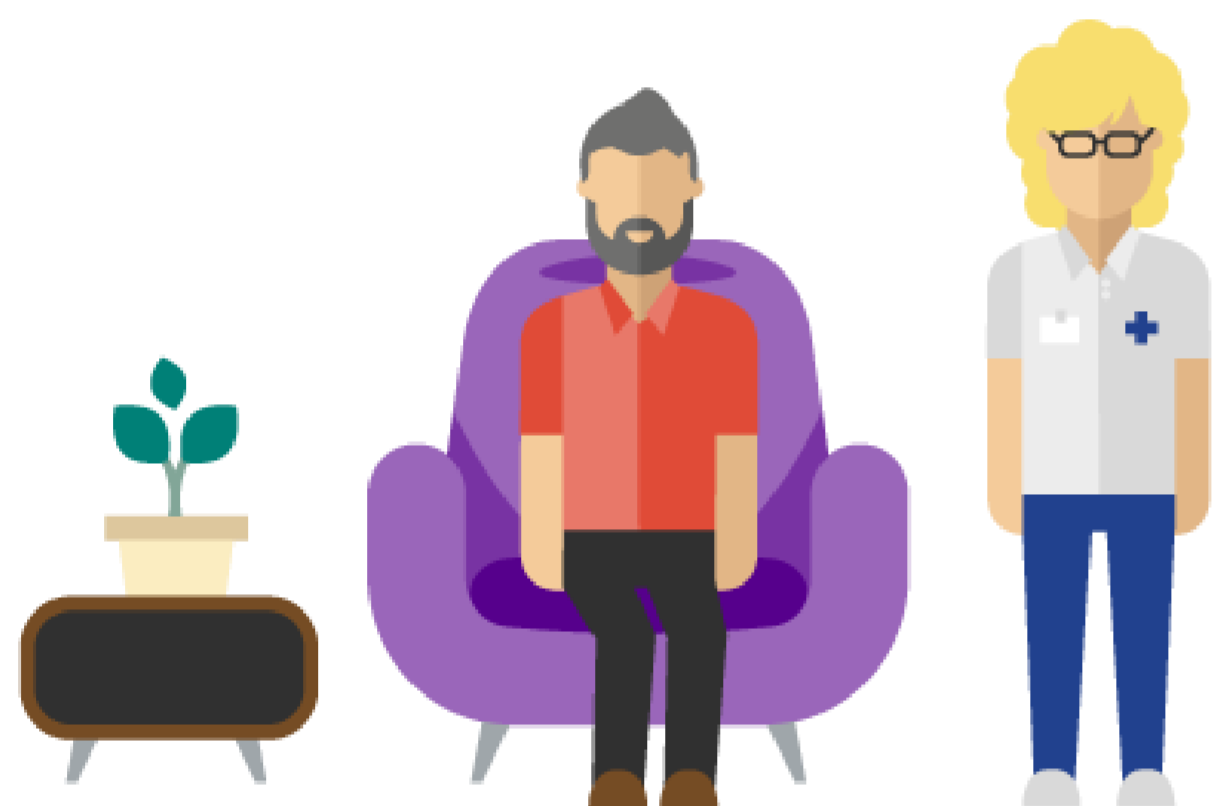
Sheffield  
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University

Stroke  
association

## Background

The **quality of the therapeutic relationship**, also known **therapeutic alliance**, affects treatment **adherence, depressive symptoms, engagement and treatment efficacy**.

However, **little is known** about which aspects of the **therapeutic alliances are valued by people engaging in** aphasia rehabilitation.



## Aim

To identify which elements of the therapeutic alliance are important to people with aphasia engaging in speech and language therapy following a stroke

## Methods

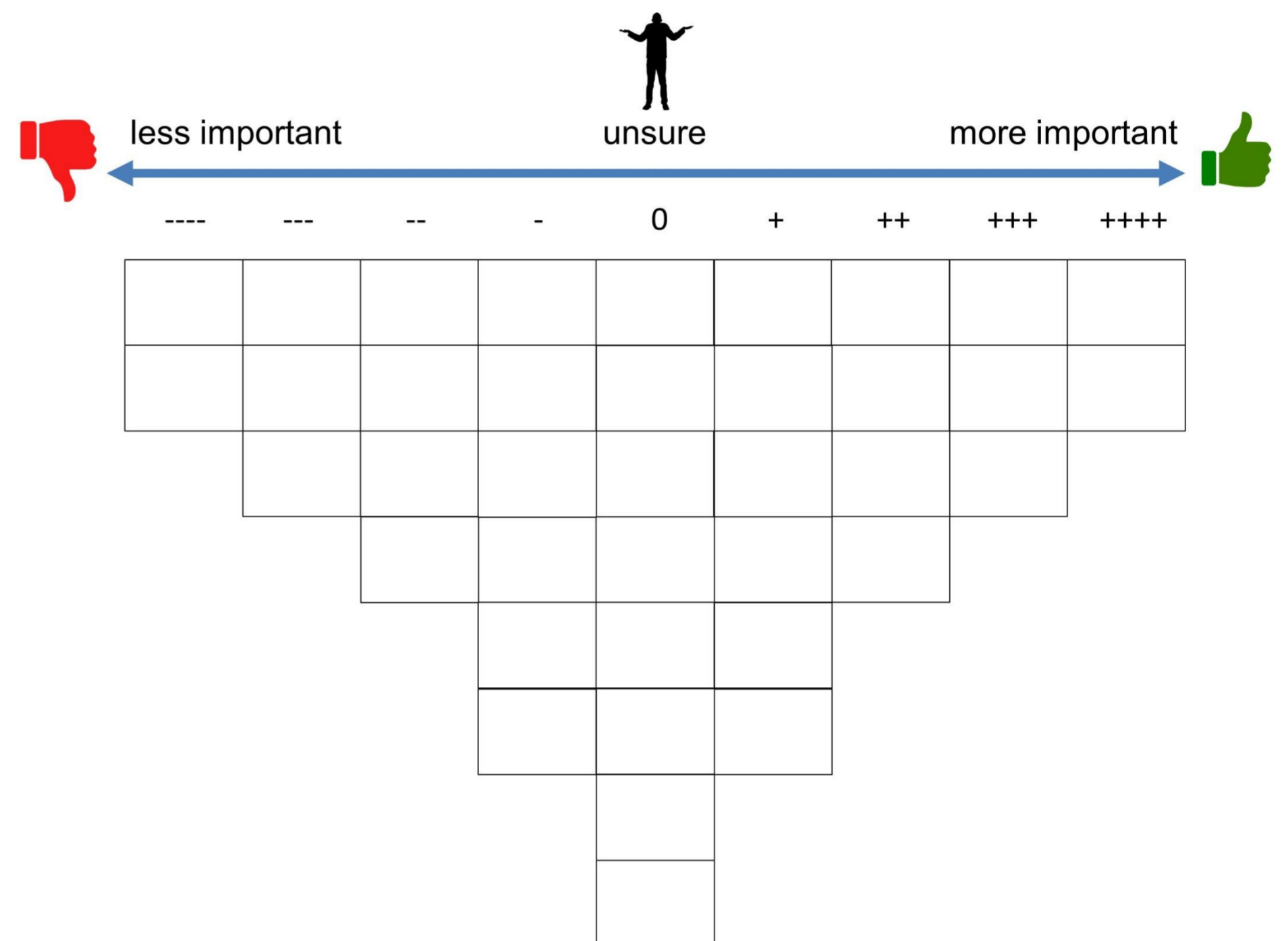
- **Statements** relevant to the therapeutic alliance were extrapolated from the literature (n=453)
- A **representative sample** of statements was identified (n=38)

### Phase 1

### Phase 2

- People with aphasia (n=23) **sorted statements hierarchically** on a grid (Fig.1) in terms of importance.
- Data were **analysed using a by-person factor analysis**

Figure 1: Response grid



## Results

Five distinct viewpoint emerged from analysis:



## Conclusions

- The findings highlight the importance of adopting a **flexible approach** to meet the relational needs of a heterogeneous population
- **Q methodology** is a both **viable and valuable tool** for measuring subjectivity in this population