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Does Resilience Influence Ways of Coping among Families Supporting Relatives With Severe Traumatic Brain Injury or Spinal Cord Injury?

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ENHANCING THE HUMAN CONDITION

Negotiating and Creating Change

SINGAPORE • 19TH - 23RD JUNE 2016

Abstract

Title

Does resilience influence ways of coping among families supporting relatives with severe traumatic brain injury or spinal cord injury?

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Disability

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Content

Abstract Content

Resilience contributes to the individual adjustment of family members providing support to relatives with a traumatic brain injury (TBI) or spinal cord injury (SCI). Contemporary formulations suggest that rather than being a personality trait, resilience is a set of skills that can be learned. The study investigated whether there are resilience-based differences in patterns of family member coping. A multi-centre prospective cross-sectional study was undertaken in New South Wales Australia. Family participants (n=139) completed the Resilience Scale and the Ways of Coping Questionnaire. There were no significant sex-based differences, and no differences between families supporting a relative with TBI versus SCI on the two measures. Between groups analysis (t-tests) found that family members with moderate to high resilience scores on the Resilience Scale (n=80, HRS) were more likely to use planful problem solving, distancing, confrontive coping and seeking social support (all $p < .001$) compared to families with lower resilience scores (n=59, LRS). Families reporting HRS were also more likely to use an overall Problem-focused coping approach, and were significantly less likely to use escape-avoidance ways of coping compared to families reporting LRS (trend, $p < .05$). Results provide guidance for developing skills-based interventions to strengthen resilience among LRS families.

Keywords: *traumatic brain injury; spinal cord injury; family; resilience; coping*

Requires Audio or Video system for Presentation?: No