

Internet-delivered cognitive behavioural therapy for persons with stroke

Location: Canada-wide (virtual)

Description: In Canada, stroke is a leading cause of adult disability. Along with the physical concerns, approximately 30% of people often experience symptoms of depression, but only 2-3% access support. Unhelpful thoughts of never being able to go back to their life before their stroke and fear of recurring stroke can result in feelings of loss and hopelessness. If these thoughts go untreated over a long period of time, they can potentially lead to decreased quality of life and greater disability. Many of these individuals may benefit from access to mental health services, eg. cognitive behaviour therapy (CBT), that target maladaptive thoughts and behaviours. CBT is an evidenced based treatment strategy that helps patients recognize and challenge their unhelpful thoughts and behaviours that contribute to their mental health concerns. However, after stroke people often go untreated for various reasons, such as access to specialized care, costs, rural and remote location, lack of time, or concerns about stigma related to seeking care. One way to overcome these barriers is to provide these services over the internet. Internet delivered CBT (ICBT) has the potential for reaching a much wider group of people that may have unequal access to services.

Language: English only.

Eligibility:

- Participants who have sustained a stroke and would like to learn strategies to improve their emotional well-being.
- The program is tailored to those with stroke that may have mobility and cognitive impairments.

Participant requirements:

- Participants will be enrolled in an online 10-week program with potential guidance from a trained mental health clinician each week over the phone or through videoconferencing.

Institution: St. Joseph's Health Care, London, ON

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