

# Remote delivery of group-based psychological interventions for people after stroke and transient ischaemic attack (TIA): A scoping review

Kontou, E.<sup>1,2</sup>, Lee, A.R.,<sup>1</sup>, Thomas, S.<sup>1</sup>, Kettlewell, J.<sup>3</sup>, Thorpe, N.<sup>4</sup> & Wong. D.<sup>5</sup>

<sup>1</sup> School of Medicine, University of Nottingham;<sup>2</sup> Institute of Mental Health, Nottinghamshire Healthcare NHS Foundation Trust;<sup>3</sup> Centre for Academic Primary Care, University of Nottingham;<sup>4</sup> Library and Knowledge Services, Nottinghamshire Healthcare NHS Foundation Trust;<sup>5</sup> School of Psychology and Public Health, La Trobe University

Contact:: eirini.kontou@nottingham.ac.uk

## **Background**

- Experiencing stroke or TIA often impacts psychological wellbeing and quality of life.
- Delivering psychological interventions post-diagnosis can benefit individuals' mental and physical wellbeing (Kontou et al., 2021; Shek et al., 2021).
- Adapting interventions to online delivery appears feasible, but it is unclear whether the format is suitable for group-based programmes.

### Aim

Scoping review to identify the current evidence and delivery formats of online group-based psychological interventions for people after TIA and stroke.



## Results

- Initial searches yielded 748 results.
- 4 studies included in final review.

Records identified through database searching (n = 1092)

Titles and abstracts

screened (n = 748)

Full-text articles

assessed for eligibility

(n = 66)

Duplicates removed (n = 308)

Non-English language papers removed (n = 36)

Titles and abstracts excluded (n = 678)

Full-text articles unavailable (n = 4)

Full-text articles excluded (n= 59)

Reasons for exclusion/include;

- Wrong population
- Intervention not relevant
- Psychological/wellbeing outcomes not included
- Not enough detail provided about study or intervention

Studies excluded during data extraction stage (n = 3)

Studies included in scoping review (n = 4)

#### Methods

- Ovid MEDLINE® ALL; Ovid Embase,
   Ovid APA PsycInfo; and Scopus searched
   April 2022.
- Inclusion: group-based psychological interventions delivered online to adults post-TIA and stroke; data available on interventions and relevant outcomes; standalone or hybrid interventions.
- Four reviewers conducted screenings, with a fifth resolving any disagreements.
- Data extraction completed with bespoke forms, each checked by two reviewers.

# **Key Summary**

- Review is ongoing full findings expected Autumn/Winter 2022.
- Initial findings suggest limited evidence concerning online group-based interventions.
- Review will inform development of future online psychological interventions for stroke/TIA and identify potential barriers and facilitators to implementation.

#### References

Kontou, E., et al. (2021). A scoping review of psychoeducational interventions for people after transient ischemic attack and minor stroke. *Topics in Stroke Rehabilitation*, 28 (5), 390-400.

Shek, A.C. et al. (2021). Technology-based interventions for mental health support after stroke: A systematic review of their acceptability and feasibility.

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