

A Positive Psychology Intervention for Individuals who have Sustained a Traumatic Brain Injury

Helen M. Genova^{1,2}, Katarina Reduzzi¹, Mikayla Haas^{1,3}, Michael Dacanay¹, Daniel Sullivan¹, Heba Elsayed^{1,3}, Amanda Botticello^{1,2}

¹Kessler Foundation, 120 Eagle Rock Ave. Suite 100, East Hanover, NJ

²Rutgers University, 195 University Ave, Newark, NJ

³Montclair State University, 1 Normal Ave, Montclair, NJ



Introduction

- Individuals with Traumatic Brain Injury (TBI) experience a range of negative outcomes, including negative changes to their **self-concept** and **self-esteem**.
- Traditional therapies can take a **deficit-based approach** to ameliorate negative behaviors and feelings, not acknowledging inherent strengths
- We have developed a positive psychology intervention: **KF-Stride® Into Life**, focused on **increasing awareness of personal character strengths**, and using those strengths as positive coping strategies in daily life.

Methods

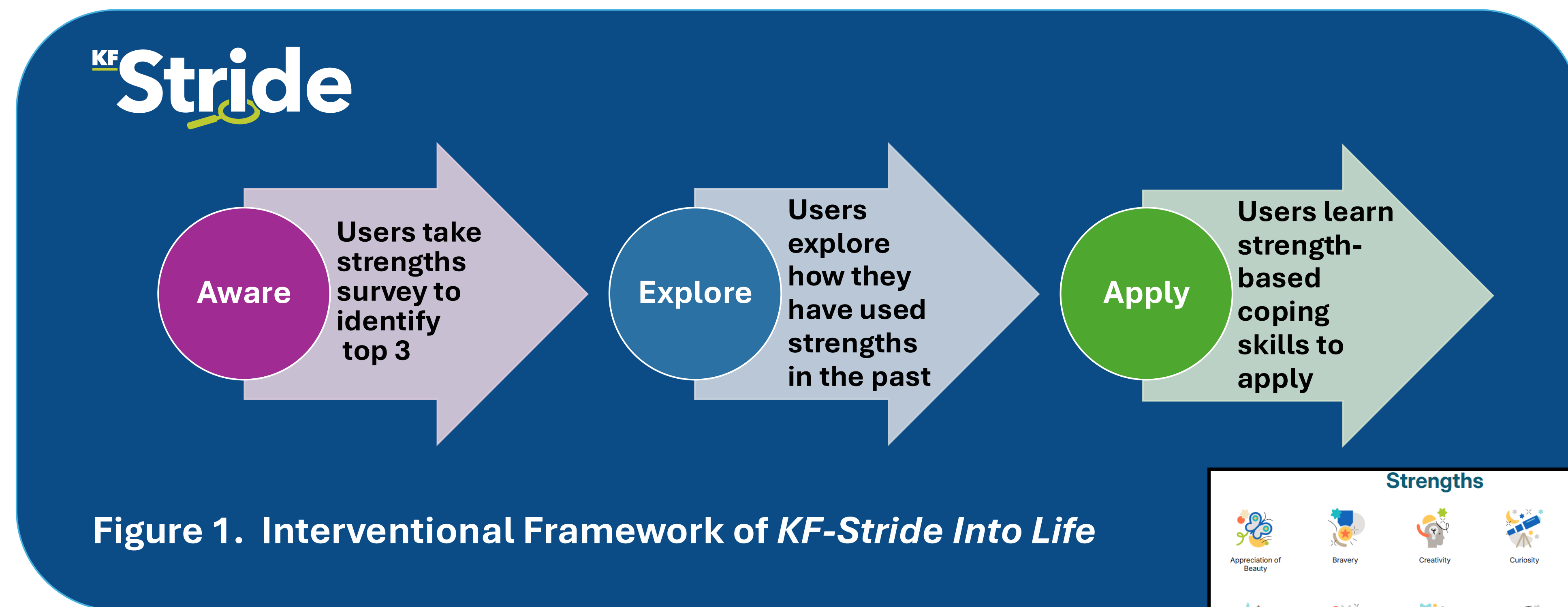


Figure 2. Character Strengths taught in KF-Stride

Sample: 44 participants with TBI (ages 18+)

- Participants were randomly assigned to either :
 - KF-Stride (n=21) or an active control condition (TBI Wellness; n=23).
 - Both groups participated in online meetings with a support coach who assisted in navigation of program (six 1-hour sessions).

Primary outcomes assessed before and after intervention phase:

- Self-Esteem (Rosenberg); Strength Knowledge and Use; Satisfaction with Life Scale

Qualitative interviews assessed after the intervention among KF-Stride participants:

- Explore perceptions of intervention, facilitators and obstacles to implementation

Statistical Analyses:

- Analysis of variance was used to assess change over time in the three outcomes and effect size (eta squared) was calculated.
- At this time, a subsample of n=19 participants completed the entire protocol and all follow-up assessments.

Results

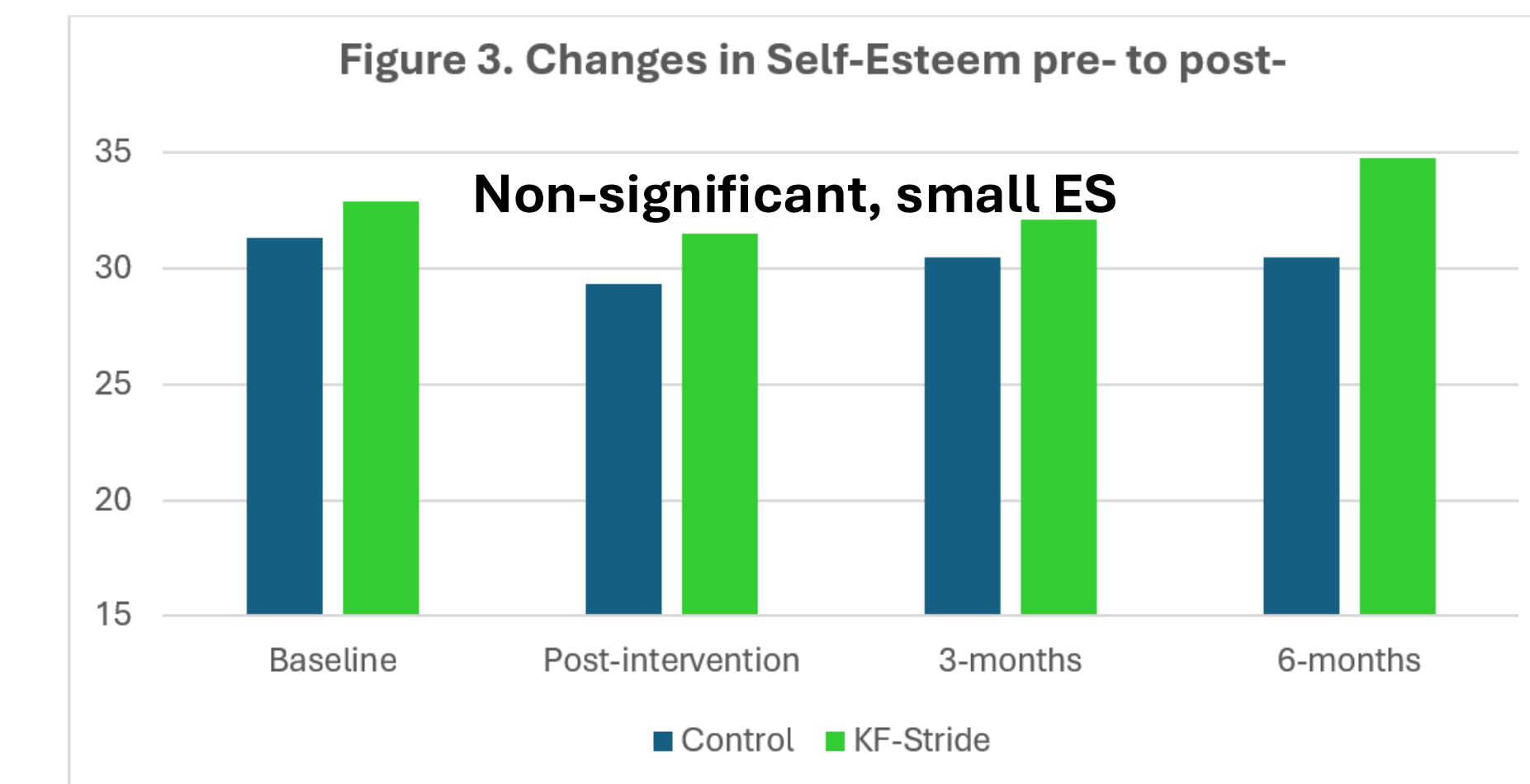
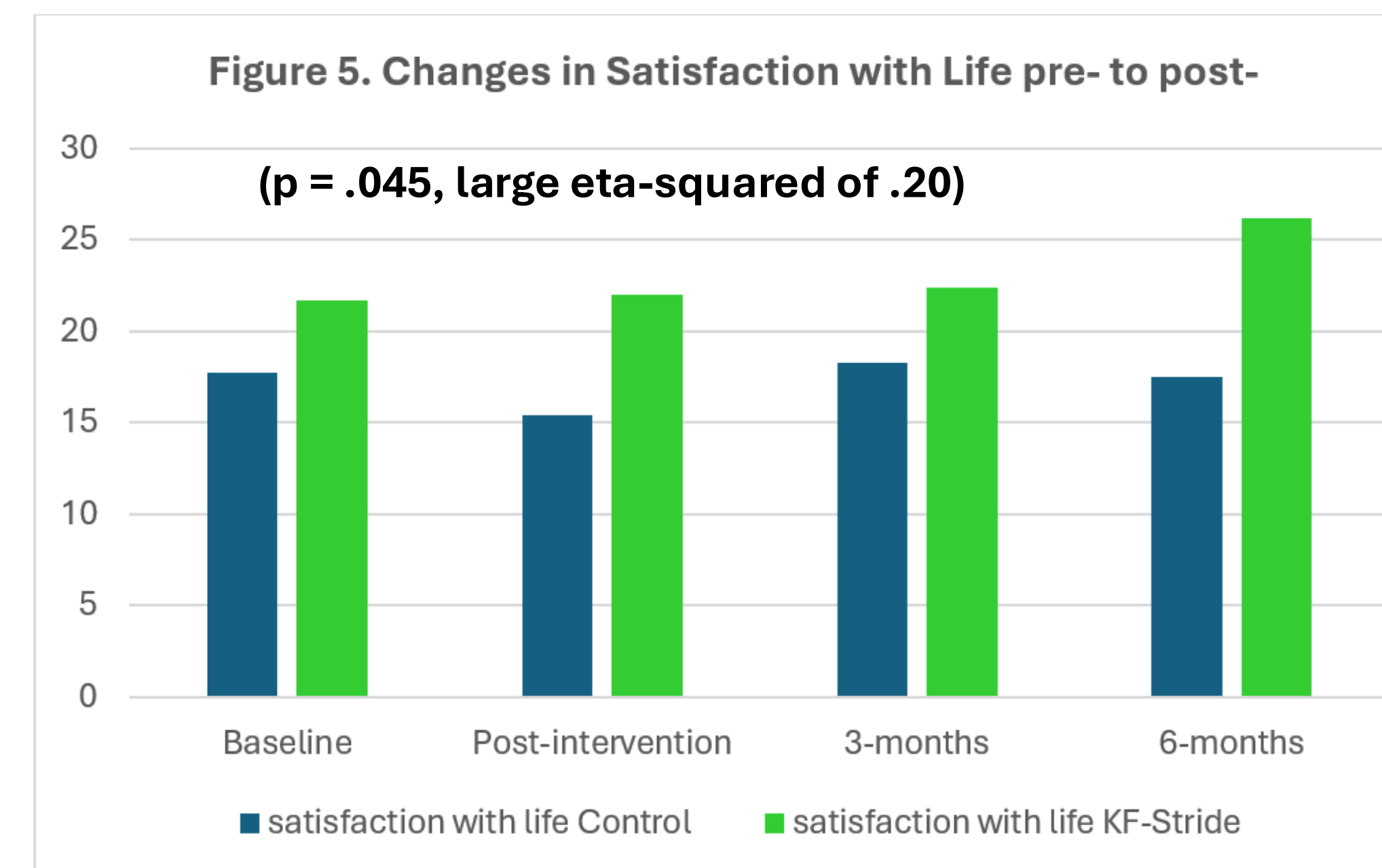


Table 1. Qualitative Feedback

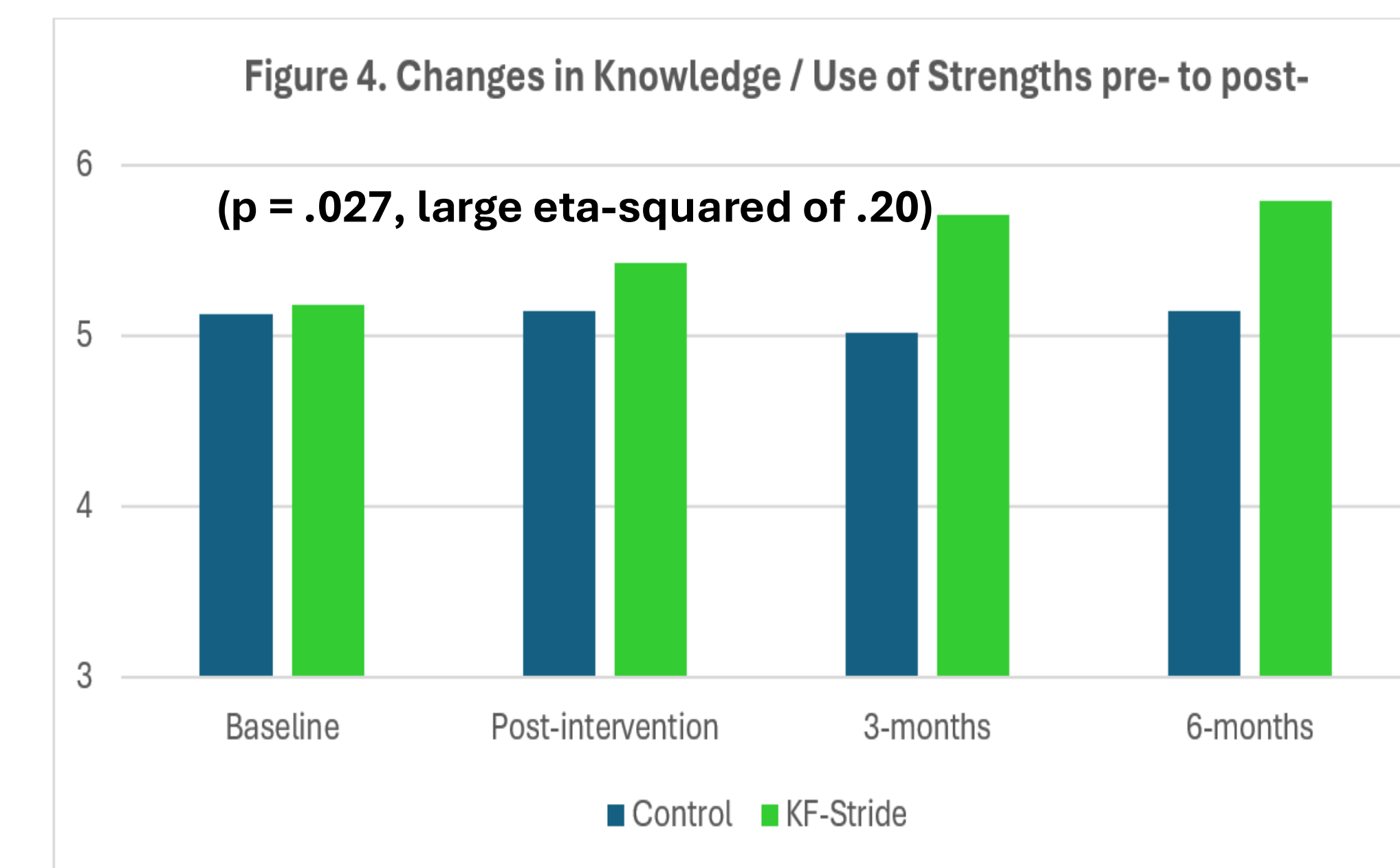
I loved finding out these traits... I just really enjoyed writing out and thinking about how these qualities are within me and applying them to my everyday life

I enjoyed...getting to know about myself more it helped me grow and helped me interact with people better than before. It helped me be more positive about myself and not let other people bring me down, and it let me know more about simply me.

It made me think about how the strengths could help me think about how to build my different relationships... My personal relationships, my gym routines, my driving again, my goals to get on appointments on time, etc. I used it in just about everything.

[KF-Stride] clarified my strengths and how I could combine previous coping behaviors with new knowledge of myself. The program helped clarify how I could interact positively with my wife.

KF Stride helped me improve my personal life, specially my relationship with my daughter. It gave me the guidance I needed to deal with stressors in life.



Conclusions

- **KF-Stride Into Life** participants showed increased satisfaction with life and knowledge of their character strengths compared to the control group
- KF-Stride is web- and app- based, making it a low-resource, cost-effective program to enhance mental well-being.
- A focus on strengths (as opposed to weaknesses) is an innovative approach that uses principles of positive psychology.
- The small sample size was a limitation, but research is ongoing to expand upon this work.

Acknowledgements

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