Discussion groups to explore the psychosocial consequences of transient ischemic attack (TIA) and ideas for interventions to improve outcomes

Short Summary

This activity will involve two discussion groups comprising people who have experienced TIA and their family members, with the aims of determining psychosocial consequences of TIA, obtaining feedback on potential measures to identify those at risk of poor outcomes, and gathering ideas for an intervention to improve patient outcomes.

Aims of the project

The overall aim of the project is to collaborate with people who have experienced TIA and their family members, to shape the development of a research programme to improve psychosocial outcomes following TIA.

Specific objectives include 1) determining the psychosocial consequences of TIA from the perspectives of patients and their family members, 2) gaining views on existing measures of psychosocial distress to ascertain relevance to this population, and 3) gathering ideas for an intervention to improve outcomes for those at risk of psychosocial distress following TIA. We will organise two discussion groups to achieve these aims. In the discussion groups, the research team will share findings indicating that some people experience ongoing cognitive and emotional impairments following TIA. The groups will then be asked to share their experiences of TIA and any psychosocial consequences that they encountered. Following open discussion, the research team will ask about some specific consequences drawn from a study of patients' subjective experiences of TIA, such as life impact, interpersonal impact, depression and anxiety. The groups will then be shown some existing measures of psychosocial distress and asked about the relevance of these measures to patients with TIA, in order to determine whether existing measures could be used to screen for risk of poor psychosocial outcomes following TIA or whether a new measure is required. The groups will also be asked about support that was or would have been helpful to them, to generate ideas for the development of an intervention to improve psychosocial outcomes.

The project will provide people who have experienced TIA and their family members with the chance to shape a programme of research aiming to develop appropriate support for people following TIA and improve psychosocial outcomes, thereby helping others who have been through a similar experience to themselves. The discussion groups will also offer an opportunity for people to share their experiences with others, gain peer support and learn about health services research. Further, this project will offer the possibility of joining the research team and collaborating throughout the project.