

Restore4Stroke: a comprehensive rehabilitation research programme to improve the quality of life of stroke patients and their partners

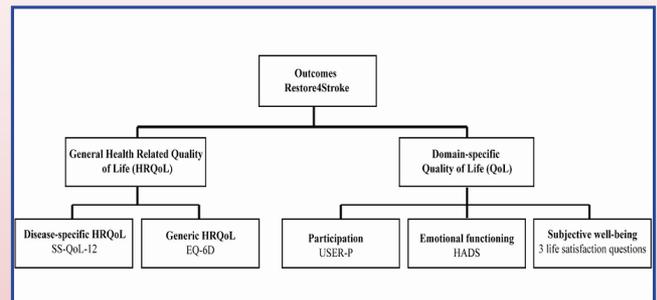
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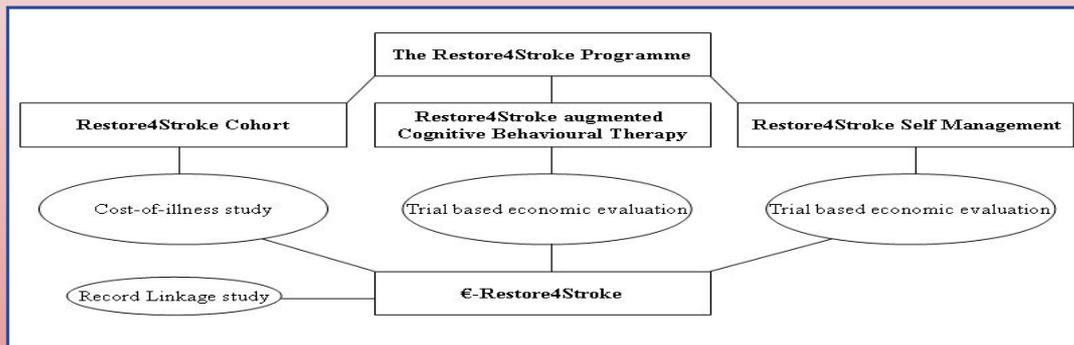
Background

Decreased levels of quality of life (QoL) after stroke are common in both stroke patients and their partners. A lower quality of life is often associated with decreased levels of social activities and participation, depression and anxiety, and a low level of life satisfaction. These long-term problems are, however, underestimated and under-diagnosed in clinical practice. The Restore4Stroke programme is, therefore, aimed at improving the quality of life of stroke patients and their partners.

The Restore4Stroke programme consists of 4 studies.



Outcomes and measurement instruments of Restore4Stroke



The Restore4Stroke Programme

Restore4Stroke Self-Management

Investigator: Nienke Tielemans
Aim: to investigate the clinical and cost-effectiveness of a self-management group intervention aimed at proactive coping
Design: multicentre randomised controlled trial comparing the self-management intervention to a group education intervention in a group of 106 stroke patients and their partners
Main outcome: proactive coping and societal participation

Restore4Stroke augmented CBT

Investigator: Joyce Kootker
Aim: to investigate the clinical and cost-effectiveness of an augmented cognitive behavioural therapy for post-stroke depression and anxiety
Design: multicentre randomized controlled trial comparing a CBT with computerized cognitive training in a group of 106 stroke patients
Main outcome: depression and anxiety

Restore4Stroke Cohort

Investigator: Marloes van Mierlo
Aim: to investigate the changes in QoL of stroke patients and their partners over time and to determine which factors predict the QoL, especially personal and environmental factors
Design: multicentre prospective longitudinal cohort study involving 500 stroke patients admitted to hospitals with 5 assessments over a 2-year period
Main outcome: QoL

€-Restore4Stroke

Investigator: Mitchel van Eeden
Aim: to investigate the economic impact of psychosocial care after stroke from a societal perspective
Design: cost of illness study linked to the cohort study; 2 economic evaluations (cost-effectiveness and cost-utility) of the aCBT and the self-management intervention; record linkage study estimating the patterns of health care before and after the stroke
Main outcome: generic health related QoL and domain specific QoL

For more information: www.restore4stroke.nl

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