

Mood management for stroke secondary prevention

Dr Suzie Xu Wang¹, Tom Atkinson¹, Dr Emma Brown²,
Professor Georgina Jones¹ and Professor Brendon
Gough¹

1. Leeds Beckett University, U.K.

2. Lancaster University, U.K.



Conflict of interest

- The series of research studies received Leeds Beckett University Research funding and funding for Tom Atkinson's PhD study
- No conflict of interest to declare



Mood and secondary stroke prevention?



- Stress and depression are modifiable risk factors (O'Donnell et al., 2016)
- Stress management is a lifestyle related risk factor for recurrent strokes
- Recommendations on risk reducing behaviours are inconsistently presented in stroke secondary prevention guidelines (Hall et al., 2022)
- How to manage mood was even less frequently presented (Hall et al., 2022)



How to manage mood, especially stress, to reduce recurrent strokes?

- Relaxation techniques, mindfulness techniques and treatment of mood difficulties (Govori et al., 2024)
- Relaxation and mindfulness techniques tailored for stroke survivors (SSs) including people with aphasia
- SSs found the techniques acceptable and beneficial for reducing stress and anxiety (Wang et al., 2019; Wang et al., 2022)



The tailored relaxation and mindfulness techniques (v1)



<https://www.youtube.com/watch?v=Hm70ncu47mM>

Life After
Stroke
Forum

LEEDS
BECKETT
UNIVERSITY

We were told some minor edits might be helpful for the techniques

- A series of patient and public involvement (PPI) activities were conducted
- To get some feedback for minor edits and on how to encourage sustainable practice
- 11 contributors: 4 stroke, 3 stroke caregivers and 4 healthcare professionals (HCPs)



To our surprise...(Atkinson et al., 2023)

- Minor edits —————> **major** discussions and recommendations from our PPI contributors
- We used reflective thematic analysis ((Braun & Clarke, 2022)

“Able-bodied presenters, it’s like seeing the adverts on TV for Stannah stairlifts and they’re all able-bodied actors.” (SC1)



Who represents the stroke population? (Atkinson et al., 2023)

- Our contributors wanted the demonstrator to have a clear understanding of what they have experienced

“Some stroke survivors might be so fed up with being told by health care professionals what they need to do...”
(HCP4)



The language needs to be tailored for stroke survivors (Atkinson et al., 2023)

- The language need to be suitable for stroke survivors and people with aphasia

“... I just think it could be aphasia-friendly, but at the moment it is not because of the really complex sentences he’s using and the really confusing subtitles...” (HCP2)



We have re- refined these techniques

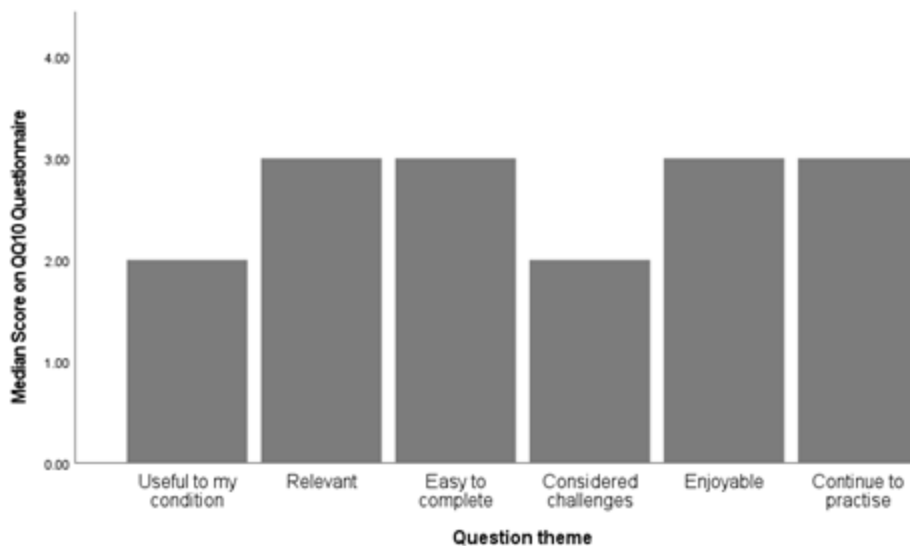


<https://www.youtube.com/watch?v=hxTsPJBkxyo>

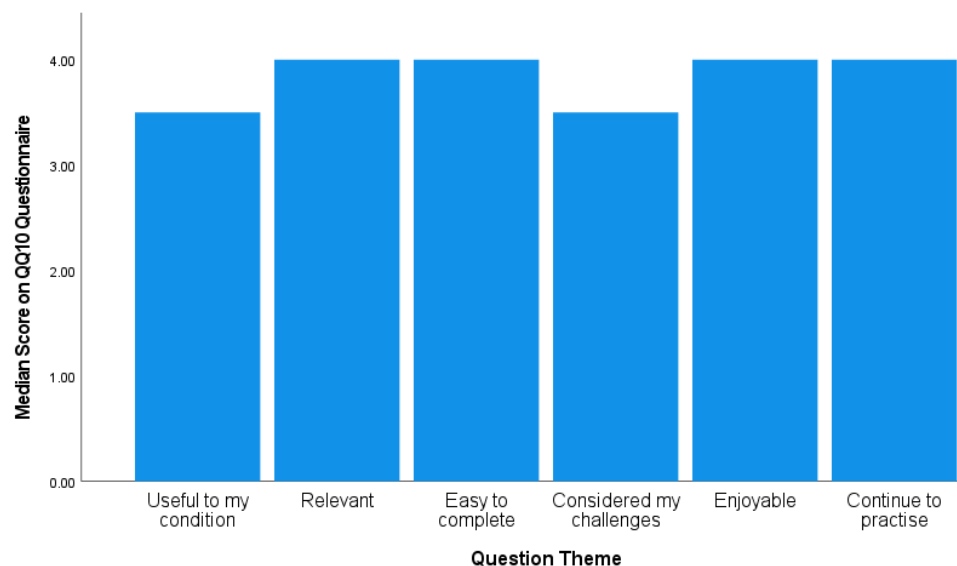


Our PPI contributors told us what they think of the newly refined intervention

The original intervention



The intervention v2



We are in the process of further testing intervention 2



Take home message

- Continued practise of relaxation/mindfulness help reduce stress —————> reduce the risk of secondary strokes (Govori et al., 2024)
- Stroke researchers should work closely with people with lived experiences to make their work meaningful

