

Avondale University

ResearchOnline@Avondale

Nursing and Health Conference Papers

School of Nursing and Health

6-2016

Does Resilience Influence Ways of Coping among Families Supporting Relatives With Severe Traumatic Brain Injury or Spinal Cord Injury?

Grahame K. Simpson
Liverpool Hospital

Malcolm Anderson
Avondale College of Higher Education, malcolm.anderson@avondale.edu.au

Maysaa Daher
Liverpool Brain Injury Rehabilitation Unit

Follow this and additional works at: https://research.avondale.edu.au/nh_conferences



Part of the [Nursing Commons](#)

Recommended Citation

Simpson, G., Anderson, M., & Daher, M. (2016). Does resilience influence ways of coping among families supporting relatives with severe traumatic brain injury or spinal cord injury? Paper presented at the International Conference on Social Work in Health and Mental Health, Singapore. Abstract retrieved from <http://www.icsw2016singapore.org/index.php/abstracts/published-abstract>

This Conference Proceeding is brought to you for free and open access by the School of Nursing and Health at ResearchOnline@Avondale. It has been accepted for inclusion in Nursing and Health Conference Papers by an authorized administrator of ResearchOnline@Avondale. For more information, please contact alicia.starr@avondale.edu.au.



ENHANCING THE HUMAN CONDITION

Negotiating and Creating Change

SINGAPORE • 19TH - 23RD JUNE 2016

Abstract

Title

Does resilience influence ways of coping among families supporting relatives with severe traumatic brain injury or spinal cord injury?

Type

Oral Presentation

Theme

Enhancing Human Condition: Negotiating and Creating Change

Topic

Disability

Authors

Main Author

Dr Grahame Simpson¹

Presenting Author

Dr Grahame Simpson¹

Co-Author

Dr Malcolm Anderson¹

Ms Maysaa Daher¹

Authors' Institution

Department / Institution / Country

Brain Injury Rehabilitation Research Group / Ingham Institute of Applied Medical Research /
Australia¹

Content

Abstract Content

Resilience contributes to the individual adjustment of family members providing support to relatives with a traumatic brain injury (TBI) or spinal cord injury (SCI). Contemporary formulations suggest that rather than being a personality trait, resilience is a set of skills that can be learned. The study investigated whether there are resilience-based differences in patterns of family member coping. A multi-centre prospective cross-sectional study was undertaken in New South Wales Australia. Family participants (n=139) completed the Resilience Scale and the Ways of Coping Questionnaire. There were no significant sex-based differences, and no differences between families supporting a relative with TBI versus SCI on the two measures. Between groups analysis (t-tests) found that family members with moderate to high resilience scores on the Resilience Scale (n=80, HRS) were more likely to use planful problem solving, distancing, confrontive coping and seeking social support (all $p < .001$) compared to families with lower resilience scores (n=59, LRS). Families reporting HRS were also more likely to use an overall Problem-focused coping approach, and were significantly less likely to use escape-avoidance ways of coping compared to families reporting LRS (trend, $p < .05$). Results provide guidance for developing skills-based interventions to strengthen resilience among LRS families.

Keywords: *traumatic brain injury; spinal cord injury; family; resilience; coping*

Requires Audio or Video system for Presentation?: No