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# Appendix One. Clinical practice survey

**How do Speech and Language Therapists address the psychosocial well-being of people with aphasia? Results of a UK on-line survey**

## About this survey

This survey aims to find out about your views and experiences in providing psychological and social therapy and support to people with aphasia. Any SLT who works with people who have aphasia in the UK is eligible to take part.

There are 20 tick-box questions which will take about 10 minutes to complete, and at the end of the survey there are two open-ended questions for you to provide more reflective responses, if you wish.

Your participation in this survey is anonymous and voluntary. The survey has been approved by City University London School of Health Sciences Research Ethics Committee.

If you have any queries, please do contact one of the researchers:
Sarah Northcott (S.A.J.Northcott@city.ac.uk) or Katerina Hilari (k.hilari@city.ac.uk)

Thank you for taking part in this survey – we really appreciate your contribution.

## About you

1. What is your age?
   - Under 20 years
   - 20-29 years
   - 30-39 years
   - 40-49 years
   - 50-59 years
   - 60 years or older

2. What is your gender?
   - Female
   - Male

3. What is your ethnic group?
   - White British
   - White non-British
   - Mixed/multiple ethnic backgrounds
   - Asian/Asian British
   - Black/African/Caribbean/Black British
   - Other (please specify]

## About your work as an SLT

4. How many years of experience do you have as an SLT?
   - Less than 1
   - 1 to 2
   - 3 to 5
   - 6 to 10
   - More than 10

5. Where do you work with people with aphasia? (Please select all that apply)
   - Acute, sub-acute hospital
   - Inpatient rehabilitation
   - Outpatient rehabilitation
   - Early supported discharge
   - Community
   - Long-term care
   - Nursing homes
   - Private practice
   - University
   - Other (please specify)

6. Please rate the following statements.

| | | | | | |
|---|---|---|---|---|---|
| I am **knowledgeable** about working with people with aphasia | ❍Strongly disagree | ❍disagree | ❍neutral | ❍agree | ❍strongly agree |
| I feel **confident** working with people with aphasia | ❍Strongly disagree | ❍disagree | ❍neutral | ❍agree | ❍strongly agree |
| I am **experienced** in working with people with aphasia | ❍Strongly disagree | ❍disagree | ❍neutral | ❍agree | ❍strongly agree |

## Solution Focused Brief Therapy

7. How much knowledge and experience do you have of Solution Focused Brief Therapy (SFBT)?

    - None
    - A little (know a little about the approach, but rarely/never use it)
    - Moderate amount (know about the approach, and sometimes use aspects of it)
    - A lot (confident to use the approach in my work)

8. Which client groups do you use SFBT with? (please select all that apply)
    - None
    - Post-stroke aphasia
    - Post-stroke dysarthria
    - Parkinson's Disease
    - Multiple Sclerosis
    - Motor Neurone Disease
    - Dementia
    - Traumatic Brain Injury
    - Stammering
    - Other (please specify)

## Training

9. Please can you indicate how much training you have received in delivering psychosocial therapy or support?

| | | | | |
|---|---|---|---|---|
| Counselling | ❍None | ❍CPD courses (1 day or less) | ❍Short courses (>1 day to less than 3 months) | ❍Graduate or post-graduate certificate, diploma or equivalent |
| Solution Focused Brief Therapy (SFBT) | ❍None | ❍CPD courses (1 day or less) | ❍Short courses (>1 day to less than 3 months) | ❍Graduate or post-graduate certificate, diploma or equivalent |
| Social approaches (e.g. facilitating peer support; working with the family) | ❍None | ❍CPD courses (1 day or less) | ❍Short courses (>1 day to less than 3 months) | ❍Graduate or post-graduate certificate, diploma or equivalent |
| Cognitive Behavioural Therapy (CBT) | ❍None | ❍CPD courses (1 day or less) | ❍Short courses (>1 day to less than 3 months) | ❍Graduate or post-graduate certificate, diploma or equivalent |
| Motivational Interviewing | ❍None | ❍CPD courses (1 day or less) | ❍Short courses (>1 day to less than 3 months) | ❍Graduate or post-graduate certificate, diploma or equivalent |
| Life coaching | ❍None | ❍CPD courses (1 day or less) | ❍Short courses (>1 day to less than 3 months) | ❍Graduate or post-graduate certificate, diploma or equivalent |
| Narrative therapy | ❍None | ❍CPD courses (1 day or less) | ❍Short courses (>1 day to less than 3 months) | ❍Graduate or post-graduate certificate, diploma or equivalent |
| Other (please specify) | ❍None | ❍CPD courses (1 day or less) | ❍Short courses (>1 day to less than 3 months) | ❍Graduate or post-graduate certificate, diploma or equivalent |

## Your beliefs and experiences: delivering psychosocial therapy and support to people with aphasia

10. What percentage of people with aphasia on your caseload is experiencing psychological difficulties?

    - None
    - About 10%
    - About 20%
    - About 30%
    - About 40%
    - About 50%
    - About 60%
    - About 70%
    - About 80%
    - About 90%
    - About 100%

    Comment:

11. When working with someone with aphasia who is experiencing psychological or social difficulties, how often do you use the following approaches? Please select all that apply.

| | | | | | |
|---|---|---|---|---|---|
| Supportive listening (empathising, active listening, exploring emotional issues) | ❍never | ❍rarely | ❍sometimes | ❍frequently | ❍very frequently |
| Select holistic goals in collaboration with client | ❍never | ❍rarely | ❍sometimes | ❍frequently | ❍very frequently |
| Work on social support (e.g. supporting a client in attending aphasia peer-support groups; work on social goals such as re-engaging in social activities) | ❍never | ❍rarely | ❍sometimes | ❍frequently | ❍very frequently |
| Create opportunities for client to share their stroke story/ life story | ❍never | ❍rarely | ❍sometimes | ❍frequently | ❍very frequently |
| Work with the family/significant others (e.g. provide emotional support to family members; work with family/ significant others in supportive communication strategies) | ❍never | ❍rarely | ❍sometimes | ❍frequently | ❍very frequently |
| Use a specific psychotherapeutic technique (e.g. CBT; SFBT; Motivational Interviewing) | ❍never | ❍rarely | ❍sometimes | ❍frequently | ❍very frequently |
| Other (please specify) | ❍never | ❍rarely | ❍sometimes | ❍frequently | ❍very frequently |

12. To what extent do you consider the following areas to be part of an SLT's role?

| | | | | | |
|---|---|---|---|---|---|
| Client's psychological well-being | ❍Strongly disagree | ❍disagree | ❍neutral | ❍agree | ❍strongly agree |
| Client's social support/ relationships | ❍Strongly disagree | ❍disagree | ❍neutral | ❍agree | ❍strongly agree |
| Client's participation and engagement in social activities | ❍Strongly disagree | ❍disagree | ❍neutral | ❍agree | ❍strongly agree |
| Client's confidence | ❍Strongly disagree | ❍disagree | ❍neutral | ❍agree | ❍strongly agree |

13. Please rate the following statements about your work addressing the psychological needs of people with aphasia

| | | | | | |
|---|---|---|---|---|---|
| I feel **knowledgeable** about addressing the psychological needs of people with aphasia | ❍Strongly disagree | ❍disagree | ❍neutral | ❍agree | ❍strongly agree |
| I feel **confident** addressing the psychological needs of people with aphasia | ❍Strongly disagree | ❍disagree | ❍neutral | ❍agree | ❍strongly agree |
| I am **experienced** in addressing the psychological needs of people with aphasia | ❍Strongly disagree | ❍disagree | ❍neutral | ❍agree | ❍strongly agree |

14. Please rate the following statements about your work addressing the social needs of people with aphasia

| | | | | | |
|---|---|---|---|---|---|
| I feel **knowledgeable** about addressing the social needs of people with aphasia | ❍Strongly disagree | ❍disagree | ❍neutral | ❍agree | ❍strongly agree |
| I feel **confident** addressing the social needs of people with aphasia | ❍Strongly disagree | ❍disagree | ❍neutral | ❍agree | ❍strongly agree |
| I am **experienced** in addressing the social needs of people with aphasia | ❍Strongly disagree | ❍disagree | ❍neutral | ❍agree | ❍strongly agree |

15. What are the main barriers for you in delivering psychological and social support/therapy to people who have aphasia? Please select all that apply.

    - Time/ caseload pressures
    - I feel under-skilled/ lack of training
    - Lack of on-going specialist supervision in psychosocial approaches
    - Psychosocial therapy/support low priority for my service
    - Lack of research evidence on effective approaches for this client group
    - I don't consider it part of my role
    - I worry that I may get 'out of my depth'
    - Not the client's priority
    - Other (please specify)

16. What would help you to improve your delivery of psychosocial therapy/support to people with aphasia? Please select all that apply.

    - Provision of more training
    - Being able to access on-going supervision/support from a practitioner skilled in delivering psychosocial therapy
    - Recognition from senior staff of the value of working on psychosocial well-being
    - My role definition encouraging me to address psychosocial well-being
    - Having adequate time to address psychosocial well-being
    - Not a priority for me
    - Other (please specify)

## Your experiences of working with mental health professionals

17. How frequently do you refer clients with aphasia to the following services, in order to address psychological and social well-being?

| | | | | | |
|---|---|---|---|---|---|
| Psychology | ❍never | ❍rarely | ❍occasionally | ❍frequently | ❍very frequently |
| GP | ❍never | ❍rarely | ❍occasionally | ❍frequently | ❍very frequently |
| Mental Health Nursing | ❍never | ❍rarely | ❍occasionally | ❍frequently | ❍very frequently |
| Counselling | ❍never | ❍rarely | ❍occasionally | ❍frequently | ❍very frequently |
| Psychiatry | ❍never | ❍rarely | ❍occasionally | ❍frequently | ❍very frequently |
| Social work | ❍never | ❍rarely | ❍occasionally | ❍frequently | ❍very frequently |
| Voluntary sector (e.g. Connect; Stroke Association; Speakability) | ❍never | ❍rarely | ❍occasionally | ❍frequently | ❍very frequently |
| Improving Access to Psychological Therapies (IAPT) services | ❍never | ❍rarely | ❍occasionally | ❍frequently | ❍very frequently |
| Other (please specify) | ❍never | ❍rarely | ❍occasionally | ❍frequently | ❍very frequently |

18. What are the main barriers to making a referral to a mental health professional (MHP)? Please select all that apply.

- o Mental health professionals (MHPs) feel under skilled in working with people who have aphasia
- o Person with aphasia declines onward referral to MHP when I suggest this
- o There are no MHPs in my team
- o MHPs are difficult to access in my service
- o There is a long waiting list
- o I'm not sure when to make a referral/ guidelines unclear
- o MHPs provide only a limited service (e.g. assess for suicidal risk rather than offering therapy)
- o Not part of what I do
- o Other (please specify)

19. How frequently do you work collaboratively with other mental health professionals? (e.g. joint sessions; educating mental health professionals on communicating with people who have aphasia)

| | | | | | |
|---|---|---|---|---|---|
| Psychology | ❍ never | ❍rarely | ❍occasionally | ❍frequently | ❍very frequently |
| Mental Health Nursing | ❍ never | ❍rarely | ❍occasionally | ❍frequently | ❍very frequently |
| Counselling | ❍ never | ❍rarely | ❍occasionally | ❍frequently | ❍very frequently |
| Psychiatry | ❍ never | ❍rarely | ❍occasionally | ❍frequently | ❍very frequently |
| Other (please specify) | ❍ never | ❍rarely | ❍occasionally | ❍frequently | ❍very frequently |

20. How often have you had a positive experience of referring to or working with a mental health professional?

- o Never
- o Rarely
- o Occasionally
- o Frequently
- o Very frequently

## Optional free text questions

21. Please describe your experiences of working with mental health professionals, and any thoughts on how this might be improved.

22. Please feel free to add any further comments on addressing the psychosocial needs of people with aphasia.

## End of survey – thank you

Thank you for taking the time to complete this survey, we are very grateful.

Your responses will help us to understand current practice, and consider how best to improve psychological and social support for people with aphasia.

Some of the questions from this survey were adapted from a previous on-line survey of Australian SLTs: Sekhon, Douglas & Rose (2015) *International Journal of Speech-Language Pathology* 17(3); 252-262

We are very happy to share the results with you – please feel free to email us and we will let you know when we have finished analysing them. Similarly, if you have any comments, concerns or questions, and would like to contact one of the researchers on this project, our contact details are:

Sarah Northcott (S.A.J.Northcott@city.ac.uk) or Katerina Hilari (k.hilari@city.ac.uk)

If you wish to complain about the study, you can phone Anna Ramberg, the Secretary to Senate Research Ethics Committee, on 020 7040 3040. You can also write to her: Secretary to Senate Research Ethics Committee, Research Office, E214, City University London, Northampton Square, London EC1V 0HB; Email: Anna.Ramberg.1@city.ac.uk. You will need to cite the full project title: 'How do Speech and Language Therapists experience delivering psychosocial therapy and support to people with post-stroke aphasia?'