



City Research Online

City, University of London Institutional Repository

Citation: Hilari, K., Behn, N., Marshall, J., Simpson, A., Thomas, S., Flood, C., Northcott, S., Goldsmith, K. & McVicker, S. (2019). Adjustment Post-Stroke and Aphasia: Protocol for the SUPporting Well-Being Through PEeR-Befriending (SUPERB Trial). *Brain Injury*, 33(Sup 1), p. 167. doi: 10.1080/02699052.2019.1608749

This is the accepted version of the paper.

This version of the publication may differ from the final published version.

Permanent repository link: <https://openaccess.city.ac.uk/id/eprint/22468/>

Link to published version: <https://doi.org/10.1080/02699052.2019.1608749>

Copyright: City Research Online aims to make research outputs of City, University of London available to a wider audience. Copyright and Moral Rights remain with the author(s) and/or copyright holders. URLs from City Research Online may be freely distributed and linked to.

Reuse: Copies of full items can be used for personal research or study, educational, or not-for-profit purposes without prior permission or charge. Provided that the authors, title and full bibliographic details are credited, a hyperlink and/or URL is given for the original metadata page and the content is not changed in any way.

Format: Poster

Adjustment post-stroke and aphasia: protocol for the SUPporting well-being through PEer-Befriending (SUPERB trial)

Katerina Hilari¹; Nicholas Behn¹; Jane Marshall¹; Alan Simpson²; Shirley Thomas³; Chris Flood²; Sarah Northcott¹; Kimberley Goldsmith⁴ and Sally McVicker.¹

¹ Centre for Language and Communication Sciences, School of Health Sciences, City, University of London

² Centre for Mental Health Research School of Health Sciences, City, University of London

³ Division of Rehabilitation & Ageing, University of Nottingham, UK

⁴ King's Clinical Trials Unit, Kings College London, UK

Background and aims: Stroke and aphasia can have a profound impact on people's lives. There is a need to systematically evaluate interventions that aim to improve psychosocial wellbeing for people with stroke and aphasia, who are often excluded from stroke studies. SUPERB will evaluate the feasibility of a study on the clinical and cost-effectiveness of one-to-one peer befriending for people with aphasia post-stroke and provide the necessary parameters to plan a definitive trial.

Methods: Design: Single blind, mixed methods, parallel group phase II RCT comparing peer-befriending vs. usual care, starting at discharge from hospital. The design has been informed by the MRC framework for complex interventions. The study will deliver on four work packages: development phase; RCT; qualitative study; economic evaluation. Participants (n=60) will be assessed three times up to 10 months post-randomisation

Results: We will assess feasibility of recruitment to a definitive trial (proportion screened who meet criteria; proportion who consent; rate of consent); participant, significant other, peer befriender views on acceptability of procedures (qualitative study); number of missing/incomplete data on outcome measures; attrition rate at follow-up; potential value of conducting main trial using value of information analysis (economic evaluation); description of usual care; intervention fidelity of peer-befriending. Patient-reported outcomes will include mood, confidence, participation, social support, quality of life.

Conclusion: This study will provide evidence for one-to-one peer befriending; and provide the necessary parameters and information to plan a definitive trial. Peer befriending is worth exploring as it has the potential, pending positive outcomes of a definitive trial, to improve service provision for people with stroke and aphasia.