**ANXIETY THERAPEUTIC GROUP**
**SUMMARY REPORT**


**SESSION DATE:**          May 16, 2016 – July 18, 2016
**DATE OF REPORT**:       September 16, 2016
**GROUP FACILITATORS:** Brigitte Langlois, Liana McLeod

**PURPOSE OF REPORT**: The purpose of this report is to evaluate any overall group change as a result of the anxiety therapeutic group. Individual client results are on file at Brain Injury Services.

**GROUP DESCRIPTION:**

The Anxiety Group is based on a Cognitive Behaviour Therapy (CBT) model. Strategies were taught to clients in a group setting, through presentations by facilitators, weekly group discussions and activities, worksheets, homework, videotapes and role-play.

The purpose of the group was:

- To assist members in recognizing anxiety and associated symptoms
- To teach new ways of coping to help manage anxiety
- To assist members in how to apply the strategies to their everyday life

Five individuals participated in the group which met every Monday for two hours, for a total of nine weeks. Overall attendance for the clients in the group was at an average rate of 72%.

**EVALUATION OF PROGRAM**:

To evaluate program outcome the following tests were used:

**Program Knowledge Test:** This test consisted of 10 short-answer and multiple-choice questions based on the program curriculum.

**State-Trait Anxiety Inventory (STAI):** This is a 40 item measure of state and trait anxiety which was used to evaluate anxiety and distinguish between member's feelings of anxiety and depression.

**Beck Anxiety Inventory (BAI):** This assessment measures the severity of self-reported symptoms of anxiety and consists of 21 items which describe common symptoms of

anxiety. Each of the symptoms is rated on a scale of 0-3 with a maximum possible score of 63.

**Beck Depression Inventory (BDI):**
This assessment measures the severity of self reported depression and consists of 21 items which describe common symptoms of depression. Each of the symptoms is rated on a scale of 0-3 with a maximum score of 63.

**Group Member Evaluation Survey:**
This survey is a 4 item Likert scale to assess the client's satisfaction with different components of the group.

**RESULTS FROM PRE AND POST TESTING:**

**Knowledge Test:**
Data confirms a positive result to the program. The total average pre-test score on the knowledge test was 36% correct compared to the average post-test score of 64% correct. Overall, the scores show an increase in client's knowledge of anxiety and related coping strategies, by an average gain of 28%.

**STAI:**
The group average scores resulting from the STAI indicated that overall, participants reported lower scores for both State and Trait anxiety, indicating by the reduction of both temporary symptoms and symptoms related to general disposition. In regards to State anxiety, the overall scores decreased from the 72$^{nd}$ percentile to the 51$^{st}$ percentile. While remaining in the average range, it is important to note that three of five members reported a significant reduction in symptoms, with scores decreasing from the high range to the average and low ranges. In regards to Trait Anxiety, a significant reduction in scores was found, with the group reporting an overall decrease in tendencies towards anxious feelings. The average pre test score was in the high range at the 87$^{th}$ percentile, with the average post test scores in the average range, at the 74$^{th}$ percentile.

**BAI:**
Pre and Post test scores indicated an overall significant reduction in anxiety related symptoms over the course of the group. The group average score decreased from the Moderate range (a score of 21 out of 63), to the Mild range (score of 13 out of 63).

**BDI:**
A significant reduction in symptoms of depression was also found. The overall group average score decreased from the Moderate range (score of 23 out of 63), to the Mild range (score of 18 out of 63).

Data collected from the closing survey indicated positive results. Overall, clients reported a rating of 4.5 (mostly true/always true) for enjoyment in the group; a rating of 4.5 (mostly true) that the group taught them valuable strategies to cope with anger; a rating of 4 (mostly true) that their mood improved as a result of the group; and a rating of 4.5 (mostly true/always true) that the group overall was valuable for them.

Aspects of the group that members liked the least included talking in the group and feeling as though the group was not long enough. Aspects the members liked the most included hearing other member's stories; learning new ways to control anxiety; discussion with group members; laughing within the group; and being with other members of the group.

If you would like more information, please contact Liana McLeod at Brain Injury Services: lmcleod@braininjuryservices.com

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