



SELF-ESTEEM THERAPEUTIC GROUP Summary Report

Session Date: October 14, 2016 – December 16, 2016

Date of Report: February 9, 2017

GROUP DESCRIPTION:

Six clients participated in the Self-Esteem Therapeutic group which met every Friday morning for two hours, for a total of 10 weeks. The group was held at the Brain Injury Services main office in Hamilton and was facilitated by Brigitte Langlois, social worker. The group incorporated Cognitive Behavior Therapy (CBT) approaches and included power point presentations, weekly group discussions and goal setting.

Attendance was high for the group, with at an overall average rate of 81%. One member dropped out part way and therefore post data results reflect five of the six participants.

PURPOSE OF THE GROUP:

The sessions were designed to improve communication and teach strategies to enhance self-esteem, decrease depression and assist clients in developing coping skills.

EVALUATION OF PROGRAM:

To assess program outcome, multiple measures were used to examine pre and post group behaviour:

Beck Depression Inventory (BDI-II) – a 21 item scale used to measure an individual's reported symptoms of depression.

Tennessee Self-Concept Scale: 2 (TSCS: 2) – a 82 item scale used to measure an individual's self-concept and associated level of self-esteem in several subscale areas including Physical, Moral, Personal, Family, Social and Work/Academic.

Knowledge Test – a 15 item test used to measure change in knowledge based on the skills and strategies presented during the group sessions.

Group Member Feedback –a 5-point scale survey completed by the clients at the end of the group to obtain their feedback.

RESULTS:

Small gains in knowledge were found on the knowledge test with an average pre-test score of 55% correct compared to the average post-test score of 62nd correct. Overall, the group increased their knowledge of self-esteem management strategies by 7%

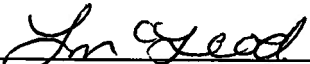
The pre and post test scores on the BDI-II indicated an overall decrease in symptoms of depression from a pre-test average score of 18 (Mild symptoms) out of a maximum of 63, to an average post test score of 10 (Minimal symptoms). Further inspection into the scores indicated that three of 6 participants reported fewer symptoms by the end of the group.

The pre and post test scores on the BAI indicated an overall decrease in anxiety symptoms from a score of 16 (Moderate range) out of a maximum of 63, to a post test score of 6 (Minimal range). Further inspection into the scores indicates that four of six participants reported fewer anxiety related symptoms by the end of the group.


The overall Total Self-Concept score which reflects self-worth and associated levels of self-esteem increased slightly for the group. While the average pre-test score fell in the low range at the 14th percentile (39T), the post-test score fell in the average range at the 27th percentile (44T). These scores suggest that overall, members reported milder disturbances in their self-concept by the end of the group.

Based on weekly session feedback from participants, on average, group members agreed that there was a good amount of information, ideas were presented clearly, there was a good amount of discussion, the level of difficulty was satisfactory, and the group was interesting. Comments from group members indicated they least enjoyed the paperwork, and most enjoyed interacting with peers and learning new strategies.

Individual participant results can be found in client files located at Brain Injury Services. If you would like more information, please contact Liana McLeod at Brain Injury Services: lmcleod@braininjuryservices.com



Liana McLeod MA (CP), RT
Psychometrist, Clinical Services



Dr. Bruce Linder, C. Psych., BCBA-D
Registered Psychologist, Clinical Services