



Brain Injury Services

Self-Esteem Therapeutic Group Summary Report

Session Date: November 8, 2007 – February 28, 2008

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The Self-Esteem therapeutic group was designed to improve communication and teach strategies to enhance self-esteem, decrease depression as well as to assist in developing participant's coping skills. Ten individuals attended the group which met every Thursday morning for two hours, for a total of 12 weeks.

To assess program outcome, multiple measures were used to examine pre and post behaviour including the Beck Depression Inventory (BDI-II), and the Tennessee Self-Concept Scale: 2 (TSCS: 2). Additionally, there were pre and post knowledge tests administered at the beginning and end of the group.

Data confirms a positive result to the program. Overall, the average group scores indicated a decrease in depressive symptoms from an average raw score of 16 (minimal anxiety) to 12 (mild anxiety) out of a maximum score of 63. For the pre-test assessments, 45% of the participants reported minimal symptoms of depression, 36% reported mild symptoms, 9% reported moderate symptoms and 18 % reported severe symptoms. During the post assessment, 75% reported depressive symptoms in the minimal range, 10% reported symptoms in the mild range and 30% reported moderate symptoms. There were no reports of severe symptoms with the post assessment. Overall, the scores indicated that 70% of the participants reported decreased symptoms of depression by the end of the group.

The overall Total Self-Concept score which reflects self-concept and associated level of self-esteem remained fairly consistent for the group as the pre and post assessment scores increased only slightly. The average pre-assessment score for the participants was at the 18th percentile while the average post- assessment score was at 23rd percentile. These scores fall in the average range indicating no disturbance or only mild disturbances in self-concept. It is important to note, however, that these scores fall at the low end of the average range.

The results of the knowledge test suggest there was a significant increase in learning strategies for managing low self-esteem. The average score on the pre-knowledge test of 34% correct responses increased to 55% correct responses on the post-knowledge test. Overall, the group increased their knowledge of self-esteem management strategies by 21%.

Overall attendance for the participants in the group was high at an average rate of 88%. Written evaluations completed by the participants indicated positive feedback regarding the group and the facilitators. Overall, the participants reported that on average, they found the amount of information provided was 'just right', the ideas were presented 'pretty clearly', the amount of discussion was 'just right', the level of difficulty was 'just right' and the information was found to be 'very interesting'.

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