Self-efficacy and psychosocial functioning after stroke: A literature review

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Abstract (299 words)

Background: There is growing evidence for the importance of self-efficacy in caring for people with stroke. However, the evidence focusing on self-efficacy and psychosocial functioning after stroke are limited.

Objectives: To provide an overview of literature focusing on the influence of self-efficacy and self-efficacy enhancing interventions on depressive symptoms and social participation of people with stroke.

Methods: The structure followed the Preferred Reporting Items for Systematic Reviews and Meta-Analysis. Fifteen English databases were searched from inception to August 2022. Two reviewers independently assessed the study eligibility and quality, and extracted the data. Methodological quality assessment was evaluated using Joanna Briggs Institute critical appraisal tools. Study characteristics, measurement tools and results were extracted and discussed using narrative synthesis.

Results: A total of 28 studies were included. This review found that levels of self-efficacy are positively related to social participation and negatively associated with depressive symptoms. The most commonly used measurement tool, the General Self-Efficacy Scale, was highly associated with depressive symptoms and social participation in different stages of stroke. Four types of intervention including self-management, task-oriented training, psychological and educational interventions, have been developed as self-efficacy enhancing interventions for post-stroke psychosocial functioning. However, the effects of those interventions were inconsistent. Only one interventional study adopted the explicit self-efficacy theory to guide the intervention development for psychosocial functioning after stroke.

Conclusion: Self-efficacy is a crucial factor affecting depressive symptoms and social participation of people with stroke. The interventions aim at improving depressive symptoms and social participation after stroke may be effective by focusing on enhancing self-efficacy of people with stroke. This review suggests that future self-efficacy-enhancing interventions should be developed following the self-efficacy theory, then result in a better understanding of the influence of self-efficacy on people with stroke and enable them to manage depressive symptoms and social participation more effectively.

Biography (55 words)



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