



# Developing a measure of therapeutic relationship relevant to the rehabilitation context

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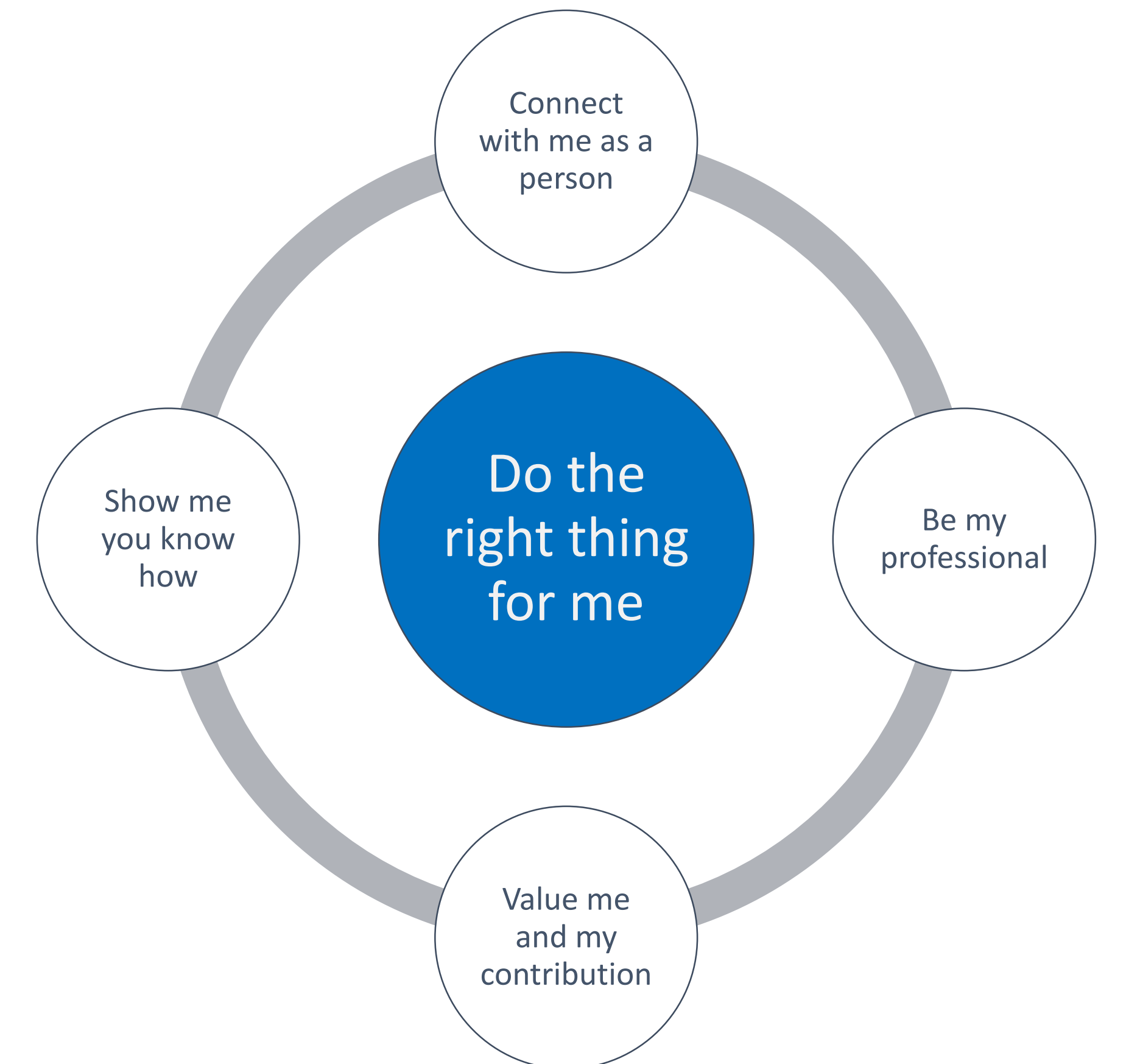
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*That they will listen and they will actually be interested, and they actually respect that you actually know what you are talking about [...] that the patient is the expert on what they are experiencing [Person with idiopathic intracranial hypertension].*

*I think you've got to trust that they know what they're doing, that they care about what they are doing, that they are going to do it to the best of their ability, that they've got your best interest at heart [Person with spinal cord injury].*



## Developing a conceptual framework

- Qualitative Descriptive Methodology exploring what matters most to the therapeutic relationship
- Semi-structured interviews
- n=15 people currently receiving rehabilitation following a neurological event

## Item generation

- Identify existing measures
- Map items against conceptual framework
  - Delete, refine and add items for congruence with conceptual framework
- 68 items across five domains identified



Below is a list of statements aiming to capture your personal experience of therapy. Please mark the extent of agreement with your therapist.

Statement	Strongly disagree	Disagree	Agree	Strongly agree
1. My therapist gives me confidence				
2. My therapist helps me to achieve things I never thought I was capable of				
3. My therapist gives me hope				
4. I usually feel relaxed and at ease when talking to my therapist				
5. I feel confident to discuss with my therapist what I do not know				
6. My therapist has my best interests at heart				
7. My therapist is responsive to my needs and objectives				
8. My therapist's approach is a good fit for me				
9. My therapist gives me control over my treatment				
10. My therapist is calm and friendly with me				
11. My therapist is concerned about me as a person				
12. My therapist and I have meaningful exchanges				
13. My therapist makes me feel at ease				
14. I feel able to discuss with my therapist what I do not know				
15. My therapist knows me as a person				
16. My therapist understands what matters most to me				
17. My therapist understands me				
18. My therapist connects with me as a person				
19. My therapist cares about outcomes that are important to me				

## Item refinement

- Cognitive interviewing
- Checking for comprehensibility, acceptability, relevance and answerability
- n=13 people including neurological (n=5), long-term chronic (n=4), and acute (n=4) conditions
- Overlapping, not relevant, or ambiguous items were deleted (n=32)
- Eight items were revised for clarity.
- There were some discrepancies between people with acute versus chronic conditions

## Pilot testing and Cultural adaptation

- We have a 36-item measure ready for further testing
  - We are looking for rehabilitation localities interested in embedding the measure into their routine data collection processes
- The internal construct validity of the measure will be explored using Rasch Analysis informing final refinements
  - A grant application has been submitted to Brain Research NZ to explore cultural acceptability and adapt the measure for Māori



*My physio doesn't need to make me feel enabled because it's not relevant for my situation. If it was something more like a mental health thing that's different because they are trying to achieve something deeper than treating something like injuring your hand [Person with acute musculoskeletal injury].*

*Questions x and y are very, very, similar. Sort of think one of them as almost unnecessary if you know what I mean. To me they are pretty much equal in meaning [Person with spinal cord injury].*