

Which aspects of the therapeutic alliance are valued by people with aphasia in speech and language therapy? A Q-methodology study

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Which aspects of the therapeutic alliance are valued by people with aphasia in Speech and Language Therapy? A Q methodology study

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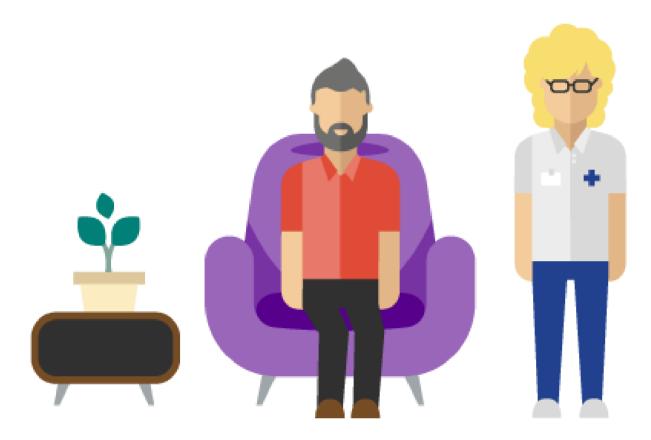
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Background

The quality of the therapeutic relationship, also known therapeutic alliance, affects treatment adherence, depressive symptoms, engagement and treatment efficacy.

However, little is known about which aspects of the therapeutic alliances are valued by people engaging in aphasia rehabilitation.



Aim

To identify which elements of the therapeutic alliance are important to people with aphasia engaging in speech and language therapy following a stroke

Methods

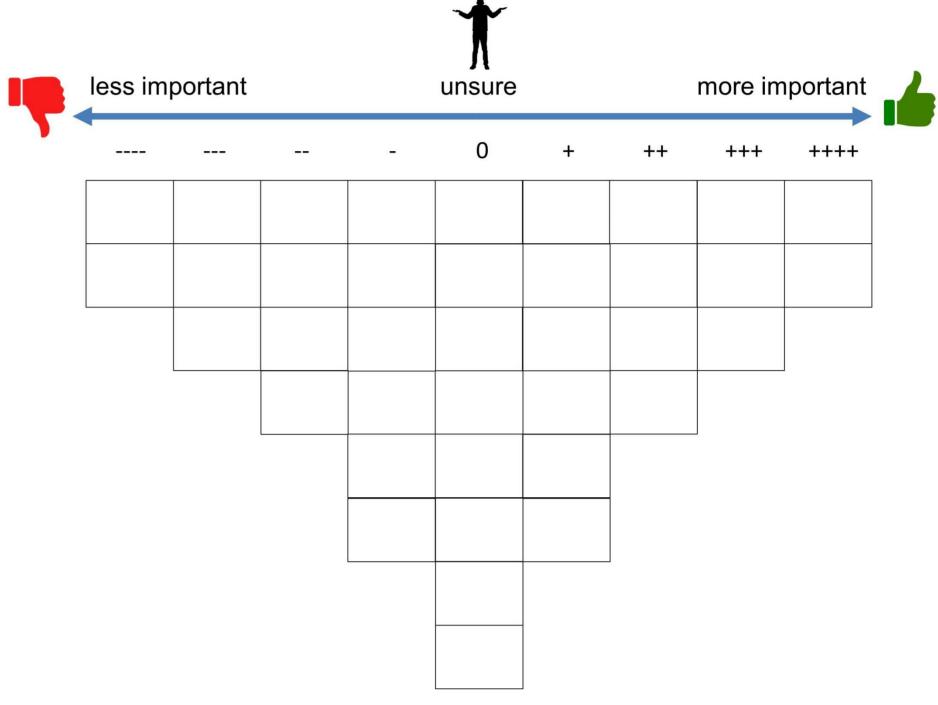
- **Statements** relevant to the therapeutic alliance were extrapolated from the literature (n=453)
- A representative sample of statements was identified (n=38)

Phase 1

Phase 2

- People with aphasia (n=23)
 sorted statements
 hierarchically on a grid
 (Fig.1) in terms of
 importance.
- Data were analysed usinga by-person factor analysis

Figure 1: Response grid



Results

Five distinct viewpoint emerged from analysis:



Conclusions

- The findings highlight the importance of adopting a **flexible approach** to meet the relational needs of a heterogeneous population
- Q methodology is a both viable and valuable
 tool for measuring subjectivity in this population