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

LAWTON, Michelle <http://orcid.org/0000-0002-2399-6643>, HADDOCK, Gillian, CONROY, Paul, SERRANT, Laura <http://orcid.org/0000-0002-9382-9859> and SAGE, Karen <http://orcid.org/0000-0002-7365-5177>

Available from Sheffield Hallam University Research Archive (SHURA) at:
http://shura.shu.ac.uk/22367/

This document is the author deposited version. You are advised to consult the publisher's version if you wish to cite from it.

Published version

LAWTON, Michelle, HADDOCK, Gillian, CONROY, Paul, SERRANT, Laura and SAGE, Karen (2018). Which aspects of the therapeutic alliance are valued by people with aphasia in speech and language therapy? A Q-methodology study. Aphasiology, 32 (S1), 122-123.

Copyright and re-use policy

See http://shura.shu.ac.uk/information.html
Which aspects of the therapeutic alliance are valued by people with aphasia in Speech and Language Therapy? A Q methodology study

Michelle Lawton*, Gillian Haddock*, Paul Conroy*, Laura Serrant §, Karen Sage §

*University of Manchester; § Sheffield Hallam University
michelle.lawton@postgrad.manchester.ac.uk @MLawton21

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

Phase 1
- Statements relevant to the therapeutic alliance were extrapolated from the literature (n=453)
- A representative sample of statements was identified (n=38)

Phase 2
- People with aphasia (n=23) sorted statements hierarchically on a grid (Fig.1) in terms of importance.
- Data were analysed using a by-person factor analysis

Results
Five distinct viewpoint emerged from analysis:
- Support me, acknowledge me
- Be frank with me, motivate me
- Direct me, challenge me
- Hear me, encourage me
- Understand me, laugh with me

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