

Leisure Activity Barriers with Young Adults with TBI

A Scoping Review



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Introduction- Importance+ Background

- ❑ TBI is a **leading cause of disability and death** among young adults with TBI
- ❑ There has been a lack of research on specifically *young adults* with TBI in recent years
- ❑ Individuals with TBI usually encounter **cognitive, physical, and emotional** difficulties, as well as obstacles to **leisure participation** during the recovery period
- ❑ OTs role is to *address the barriers* to increase participation in daily life

(Borgen et al., 2022)



Introduction- Study

- ❑ The indicators in this study:
 - ❑ The barriers that limit participation in community leisure activities
- ❑ Community leisure programs are activities that individuals they need to do out in the community
- ❑ This study will support OTs to advocate, provide resources, maximize their independence, and educate the community
- ❑ **Research Question:** For young adults (ages 18–26 years old) with traumatic brain injury (TBI), what barriers do they experience that affect their engagement in leisure programs in their community environment?

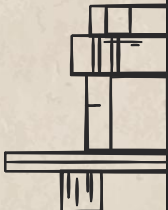
Methods

Interventions:

- Barriers experienced by young adults with Traumatic Brain Injury (TBI)
 - **Cognitive limitations:** decreased emotional regulation, information processing, attention deficit, memory deficit
 - **Physical limitations:** fatigue, decreased mobility, pain

Outcomes:

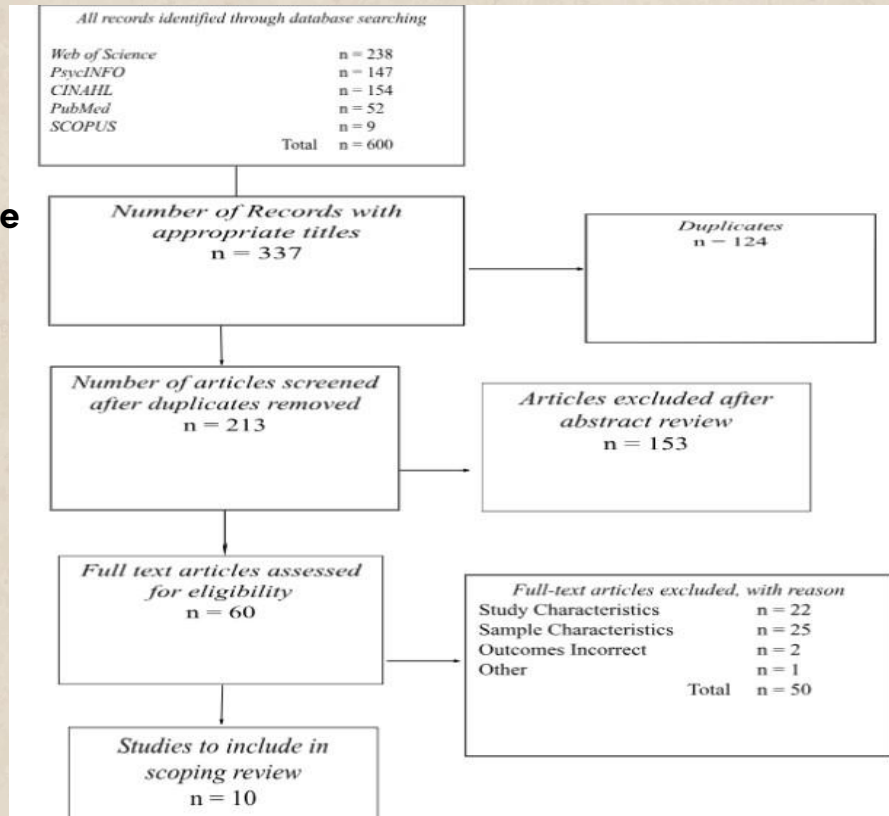
- Engagement in leisure programs in community environment
 - Measured by Community Integration Questionnaire, Semi-structured interview, Goal Attainment Scale, and Leisure Satisfaction Scale
- **Rationale:**
 - Barriers experienced by young adults with TBI can lead to decreased access and/or capacity to engage in community program leisure activities



Methods (Flow Chart)

Search Terms for Database:

**"Traumatic brain injury" AND leisure
OR "leisure participation" AND
barrier***



Methods

Inclusion Criteria:

- Mild to severe Traumatic Brain Injury is primary condition studied (must be included in Acquired Brain Injury)
- Young Adults must be included (ages 18–26)
- The study has a focus on recreation and leisure activities (Main intervention and/or outcome observed)

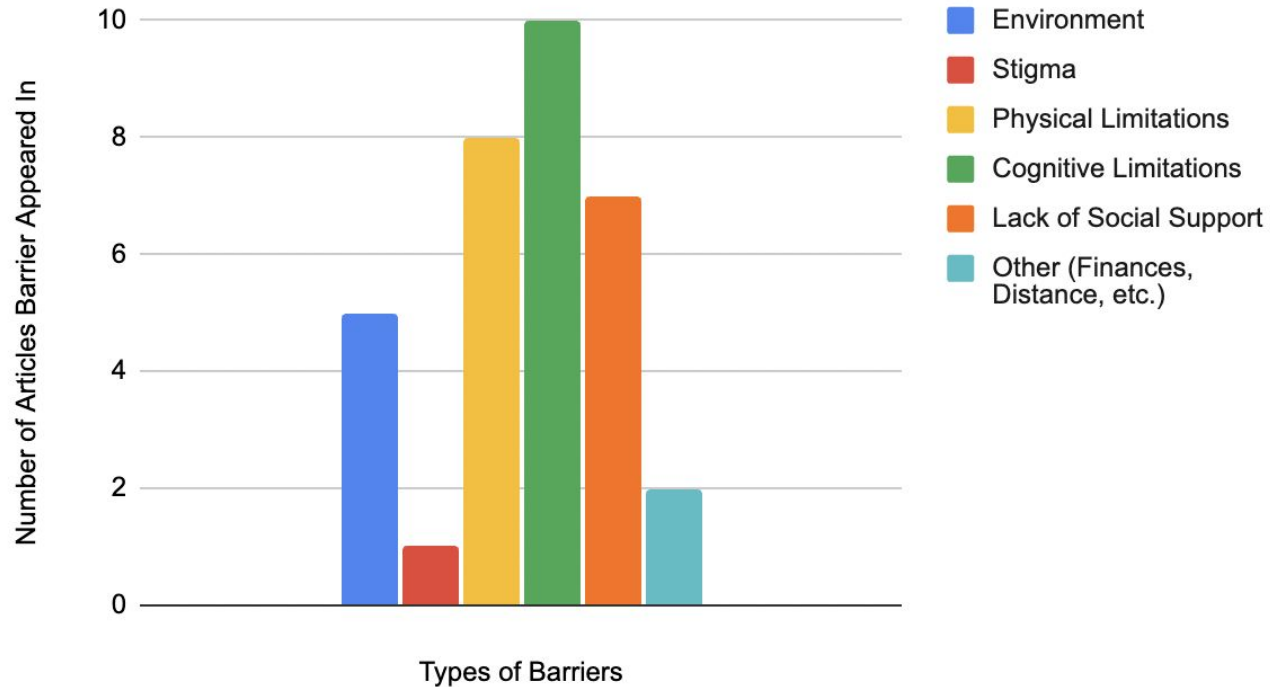
Exclusion Criteria:

- No cognitive, intellectual, or developmental disability
- No chapters or whole books used for data collection
- Non-primary TBI specified (TBI not specified in the article)



Main Result

Category of Barriers Identified in Literature

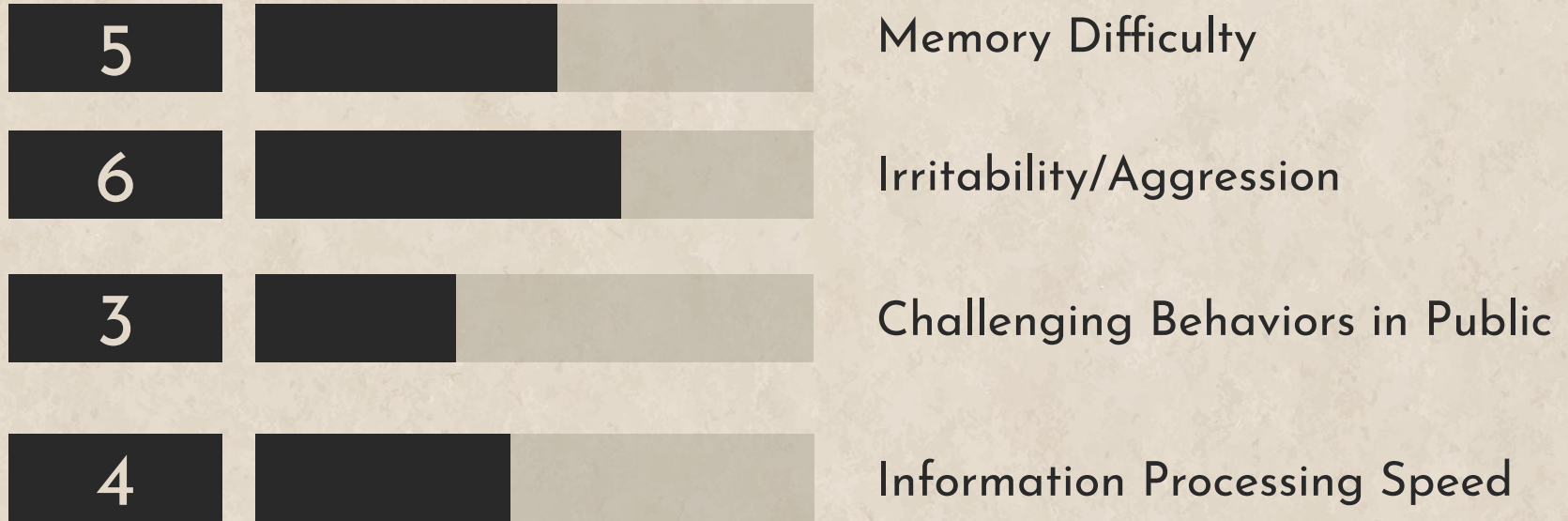


Results in Cognitive Limitation

- Memory difficulty
 - Learning new information/
Forgetfulness of recent events
- Irritability/Aggression
 - Verbal & Physical
- Challenging Behaviors in Public
 - 'too disruptive' / 'requiring too much attention'
- Speed of Information Processing
 - conversation/problem-solving skill



Results in Cognitive Limitations



Results in Physical Limitations

- ❖ Fatigue
 - Decreased endurance

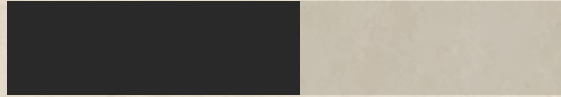
- ❖ Balancing and Mobility
 - Sports & Social

- ❖ Chronic Pain
 - Decreased motivation



Results in Physical Limitations

5



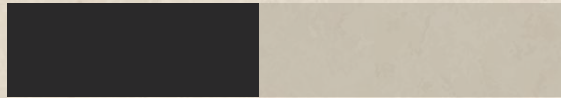
Fatigue

8



Balancing and Mobility

4



Chronic Pain



Discussion

Addressing the Clinical Question

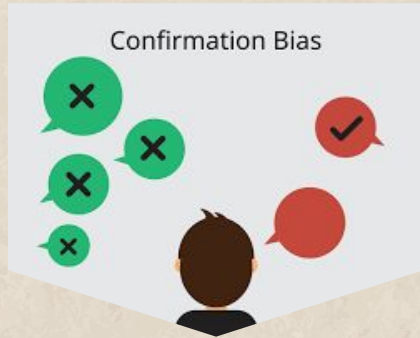
Barriers to Leisure

1. Cognitive Limitations
2. Physical Limitations
3. Lack of Social Support
4. Environment
5. Other (Finances, Distance, etc.)
6. Stigma



Discussion

Risk for Bias



Confirmation Bias

- Avoid seeking objective facts (narrowing facts)
- Interpreting info to support our belief



Measurement Bias

- A lot of self-reported (e.g. recall) measures → subjective



OT Role



Teaching coping skills

- Peer Support Groups
- Cognitive Behavioral Therapy (CBT)
- Breathing Techniques
- Mindfulness Exercises



Identify Strategies & Modifications

- Adapt equipment/Provide AE
- Modify the occupation
- Daily planners or checklists
- Getting rid of distractions



Conclusion:

Next Steps



Examine leisure commonly affected
among *Young Adults* with TBI

Since many studies grouped young adults
with older adults' experiences
→ not generalizable



Explore how leisure programs
can mitigate barriers

May help maximize occupational
performance with help of OT



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