



KBIC Research

KBIC engaged in outcomes research, in partnership with the University of New Hampshire, to examine the impact of its program on its members who are survivors of acquired brain injury. These studies show that participation at KBIC has a significant positive impact on participants.

The “KBIC Effect”

KBIC members of at least 6 months duration reported:

- Quality of life perceptions similar to typical, non-injured individuals, and significantly higher than other traumatic brain injury (TBI) survivors (Figure 1)
- Stress perception levels similar to a typical, non-injured individuals, and significantly lower than other acquired brain injury (ABI) survivors (Figure 2)
- Higher levels of social connectedness, as evidenced by responses on the Occupational Self-Assessment (OSA), compared to studies citing high rates of isolation, loneliness, and low social capital

FIGURE 1 Comparison of World Health Organization Quality of Life (WHOQOL-bref) Scores and Other Research

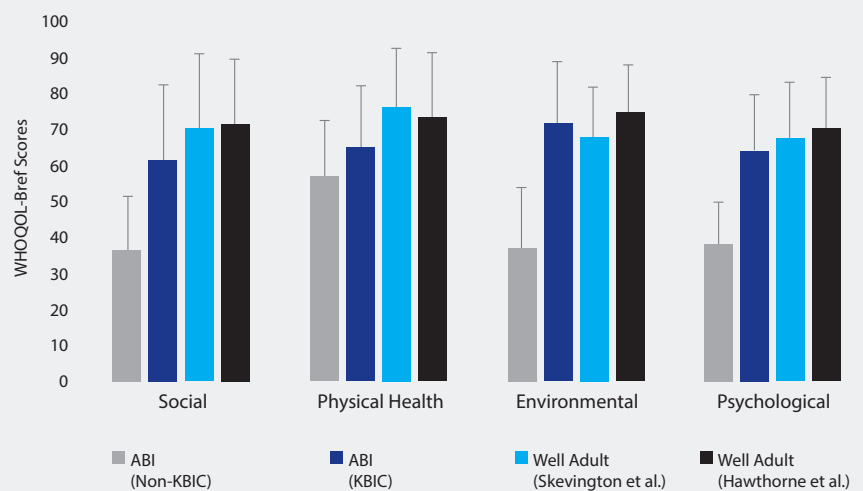
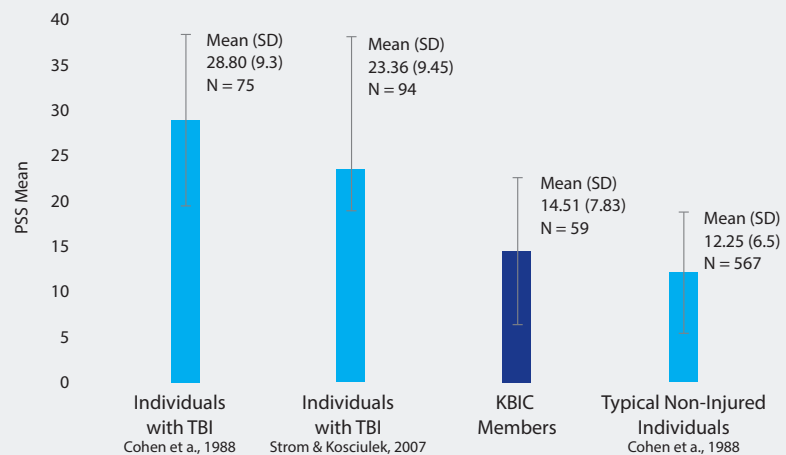


FIGURE 2 Perceived Stress Scale (PSS): Comparison of KBIC Members and Other Research



Program Attributes

In a qualitative study, members identified attributes of KBIC programming that contribute to their improved quality of life. These attributes fall into 4 categories: positive self-acceptance, possibility, participation and purpose.

1 POSITIVE SELF-ACCEPTANCE

Recognition of new, post-brain injury self and a focus on perceived strengths.

"What [KBIC staff] kept telling me finally clicked; that accepting is recognizing your reality, not giving up." Nicky

"I am not defined by my injury." Randy

"Everyone accepts everyone for who they are." Patrick

2 POSSIBILITY

A sense of moving forward, focusing on strengths and developing personal capacities.

"..Passions don't have to die just because you have a brain injury. It is so rewarding to be able to learn something new that you couldn't do before your injury." Scott

"I still have the ability to think and solve problems." Daniel

3 PARTICIPATION

Opportunities for members to reintegrate into the social community.

"[KBIC gives me] a reason to get off my couch and away from the TV set. Nicky

"[KBIC provides] a sense of belonging with other people where you can be yourself." Tim

"I have a full life now outside this community." Robert

4 PURPOSE

Opportunities to contribute to and help others within the community.

"It is inspiring to know that students seek our knowledge and learn about our experiences... Same as we learned about ourselves in this process, so do they learn from us too." Scott

Citations

White, Barbara P.; Brinkman, A.; Kresge, B. P.; and Couture, L. (2018). Quality of Life, Stress Perception, and Quality of Social Networks in Persons Living with Brain Injury: An Exploration of the Effectiveness of a Community-Based Program. *The Open Journal of Occupational Therapy*. 6 (4), Article 4. <https://doi.org/10.15453/2168-6408.1428>

White, B.P. (listed as Prudhomme, BP), Wilcox, J., Kresge, B. P., & Couture, L. (2016). Comparing quality of life, stress perception and quality of social networks in a community-based brain injury program. *International Journal of Psychosocial Rehabilitation*. 20 (1), 120-132. http://www.psychosocial.com/IJPR_20/Comparing_Quality_of_life_White.html

White, B.P. Exploring participant perceptions of a community-based program for people with brain injury. Accepted for publication 3/9/20, OTJR: Occupation, Participation and Health.