

PROJECT DETAILS

Project Title:

Use of Behavioural Activation for Post Stroke Depression: A Feasibility Clinical Trial

Project Summary:

We aim to determine whether Behavioural Activation (BA) is a feasible and cost-effective intervention for Post Stroke Depression (PSD). PSD affects a third of stroke survivors at some point after a stroke. PSD negatively affects stroke recovery, contributing to higher mortality and hospital readmission rates. While CBT is the recommended treatment, its accessibility in rural communities is limited. Emerging evidence suggests BA may be a candidate treatment for PSD. We undertook a systematic review examining the efficacy and safety of BA in PSD and showed BA was associated with reduced symptoms of depression. This feasibility study will assess if might be feasible to conduct a large-scale implementation trial to improve access to BA for PSD for rural Australians disproportionately affected by PSD.

Preferred Applicant Skillset:

We are looking for a self-motivated PhD candidate with the following:

- Bachelor's degree in a health-related field with first- or second-class honours and/or Master's degree with a research component or equivalent from a recognised university.
- IELTS score of ≥ 7 across all bands where relevant tertiary education is not completed in an English-speaking country.
- Interest in low intensity psychosocial interventions.
- Evidence of excellent interpersonal, communication, and scientific writing skills.
- Relevant experience in quantitative and qualitative research methodology.
- Knowledge of Post Stroke Depression and challenges faced by rural communities in accessing health services.

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