

AuSCR Research Task Group approved projects

Title	Healthy living after stroke: An online intervention for improving stroke survivor health behaviours and quality of life
Principle investigator	Associate Professor Billie Bonevski
Institute	Centre for Translational Neuroscience and Mental Health, University of Newcastle
Co-investigators	Professor Neil Spratt, Associate Professor Michael Pollack, Professor Amanda Baker, Professor Parker Magin, Dr Alyna Turner, Dr Christopher Oldmeadow, Professor Clare Collins, Professor Robin Callister, Dr Ashleigh Guillaumier, Conjoint Professor Andrew Searles, Conjoint Professor Chris Levi, Ms Alexandra Denham, Dr Olivia Wynne
Submission date	1 August 2017
AuSCR role	Participant recruitment
Approved	17 October 2017
Status	In progress
Summary	This project addresses the health information needs and behaviour change challenges of stroke survivors. This study will build on pilot research. Our NSF funded online "Prevent 2nd Stroke" programme aims to improve stroke survivors' health risk behaviours, quality of life, depression and anxiety, and independent living, while at the same time lowering their risk of recurrent stroke. The programme incorporates evidence based behaviour change strategies and cognitive behaviour therapy. Stroke survivors have rated the programme positively on useability, acceptability and perceived effectiveness. However no large, definitive trials of online health behaviour interventions for stroke survivors have been published. This project will test the effectiveness of the programme using randomised controlled trial design.