A Tailored Health- and Work-related Counseling Intervention for Adapting to Accidental Injuries: Does it Work and for Whom Does it Work?

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Background
- In 2016, 814,000 persons have sustained accidental injuries in Switzerland [1]
- This results in direct costs of 4.6 Billion Swiss Francs [1]
- Most accident victims recover quickly, but even minor to moderate injured workers show a complicated rehabilitation process [2;3]
- Lack of psychosocial rehabilitation interventions, especially for minor to moderate injured workers

Aim
- Randomized Controlled Trial (RCT) to evaluate the efficacy of a low-threshold collaborative counseling intervention tailored to the individual needs of minor to moderate injured workers
- Post-hoc exploration of differential treatment effects in terms of baseline optimism and coping styles

Methods
- Participants were consecutively recruited within the agency of the Swiss Accident Insurance Fund (Suva) in Bern

Work-related interventions
- Diagnostics (i.e. structured observation at the workplace, social climate)
- Job counseling/leadership counseling
- Guided reorganization of the working conditions & tasks

Health-related interventions
- Diagnostics (i.e. SKID, interpersonal resources)
- Counseling based on Consistency Theory [5]
- Focus on resource activation & complementary relationship strategy

Outcomes
- Subjective wellbeing: life satisfaction & negative feelings [6]
- Job satisfaction [7]
- Satisfaction with family bonds [8]
- Satisfaction with health [8]

Data Analyses
- Intent-to-Treat
- Multilevel Modeling

Results

<table>
<thead>
<tr>
<th></th>
<th>TAU (n = 100)</th>
<th>IG (n = 92)</th>
<th>p</th>
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<tbody>
<tr>
<td>Age (M, SD)</td>
<td>50.5</td>
<td>10.5</td>
<td>49.0</td>
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<tr>
<td>Female (%)</td>
<td>31.0</td>
<td>25.0</td>
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<tr>
<td>Blue collar worker (%)</td>
<td>60.6</td>
<td>69.6</td>
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<tr>
<td>Accident at work (%)</td>
<td>23.9</td>
<td>32.6</td>
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</tbody>
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Treatment Efficacy
- Negative feelings: time x group interaction (b = -.14, SE = .05, p < .01)
- Cohens’ d for IG pre to follow-up: 0.74
- All other outcome variables, n.s.

Differential Treatment Effects
- Life Satisfaction
  - Social diversion: (b = - .10, SE = .05, p < .05)
  - Simple slope: lower levels of social diversion (-1 SD) in the IG
- Negative Feelings
  - Emotion-oriented coping: (b = - .02, SE = .08, p < .05)
  - Simple slope: lower levels of an emotion-oriented coping style (-1 SD) in the IG
  - Optimism: (b = - .07, SE = .03, p < .01)
  - Simple slope: lower levels of optimism (-1 SD) in the IG & higher levels of optimism (+1 SD) in the TAU-group
- Job Satisfaction
  - Social diversion: (b = - .23, SE = .10, p < .05)
  - Simple slope: lower levels of social diversion in the IG (-1 SD) in the IG
  - Optimism: (b = - .10, SE = .04, p < .05)
  - Simple slope: no significant slopes (no figure)
- No significant effects of distraction or problem-oriented coping

Conclusion
- This intervention may hold promise for supporting the adaption to accidental injuries in terms of subjective wellbeing
- Client characteristics should be considered in treatment allocation and counseling

References