

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

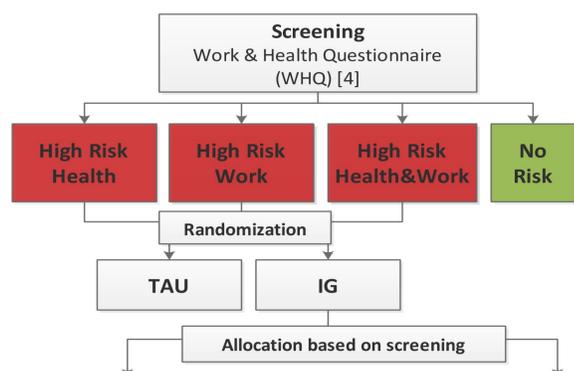
- In 2016, 814 000 persons have sustained accidental injuries in Switzerland [1]
- This results in direct costs of 4,6 Billion Swiss Francs [1]
- Most accident victims recover quickly, but even minor to moderate injured workers show a complicated rehabilitation process [2;3]
- Lack of psychosocial rehabilitation 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

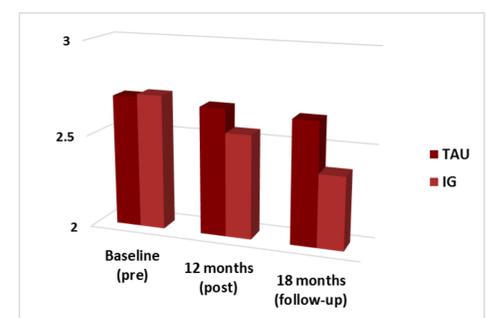
- Intent-to-Treat
- Multilevel Modeling

Results

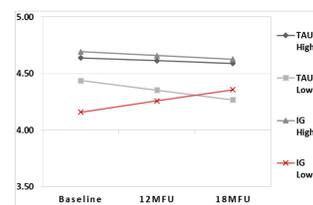
	TAU (n = 100)	IG (n = 92)	p
Age (M, SD)	50.5	49.0	0.35
Female (%)	31.0	25.0	0.45
Blue collar worker (%)	60.6	69.6	0.25
Accident at work (%)	23.9	32.6	0.26

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.*

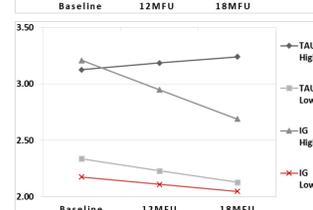


Differential Treatment Effects



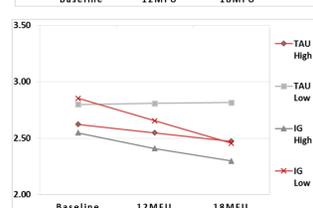
Life Satisfaction

- Social diversion: ($b = -.10, SE = .05, p < .05$) Simple slope: lower levels of social diversion (-1 SD) in the IG



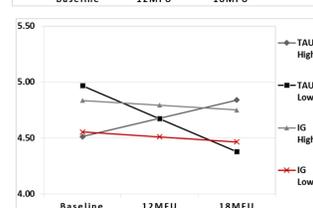
Negative Feelings

- 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

- 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

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