

Table 16. Targeted Job Information Interventions for Depression following SCI

Author Year Country Research Design PEDro Score Total Sample Size	Metho ds	Outco me
<p>Dorstyn et al. (2019) Australia RCT Pedro =5 Level 2 NInitial=48 NFinal=36</p>	<p>Population: <i>Intervention group</i> (Work and SCI; n=25): Mean age=43±10.9yr; Gender: males=12, females=13; Mean time post injury=12.5±12.4yr; Level of injury: paraplegia=15, tetraplegia=10; Severity of injury: incomplete=13, complete=10, unknown=2; Depression status: 'mixed'. <i>Control group</i> (Waitlist; n=23): Mean age=40.7±11yr; Gender: males=15, females=8; Mean time post injury=10.7±13.2yr; Level of injury: paraplegia=13, tetraplegia=9, not reported=1; Severity of injury: incomplete=9, complete=14; Depression status=mixed.</p> <p>Intervention: Participants were randomly assigned to the 4wk Work and SCI intervention or to a waitlist control group. The Work and SCI involved one introductory and six stand-alone</p>	<ol style="list-style-type: none"> 1. Intention to Treat analyses found no significant main or interaction effects for the primary or secondary outcomes ($p>.05$). 2. 'Work and SCI' participants did, however, report small improvements in optimism from T1 to T2 ($g=.24$ [CI: .04, .44] $p=.02$) in comparison to controls ($g = -.04$ [CI: -.29, .21] $p=.75$). This equated to a significant group x time interaction effect (LOT-R $F(1, 33)=3.98$, $p=.05$; $g=0.36$, CI: .04, .68, $p=.03$). However, there was wide variability on this measure, with six intervention participants reporting negligible or no change in pre-post levels of optimism.

	<p>online learning modules covering requisite job search and career planning skills. Outcomes measures were assessed at baseline, and 4wk post intervention.</p> <p>Outcome Measures: 25-item Job Procurement Self-Efficacy Scale (JSES), Life Orientation Test-Revised (LOT-R), Patient Health Questionnaire (PHQ-9), job search activity engagement, engagement with the intervention program.</p>	
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