*Table 4. Online Self-Esteem Interventions for Depression following SCI*

| Author Year Country Research Design PEDro Score Total Sample Size | Methods | Outcome |
|---|---|---|
| Robinson-Whelen et al. (2020) United States RCT Pedro =5 Level 2 NInitial=23 NFinal=21 | **Population:** *Intervention group* (Self-esteem in Second Life Intervention for Women with Disabilities group, n=10): Mean age=50.90±9.95yr; Gender: females=100%; Mean time post injury=15.36±18.70yr; Level of injury: paraplegia=6, tetraplegia=6; Severity of injury: not reported; Depression status=mild as assessed by the PHQ-9. *Control group* (no treatment, n=11): Mean age=44.13±13.25yr; Gender: females=100%; Mean time post injury=11.61±14.71yr; Level of injury: paraplegia=9, tetraplegia=2; Severity of injury: not reported; Depression | 1. There were no significant differences between the intervention and control group for the CESD-10 (p=.16) and the PHQ-9 (p=.29). 2. For the within group analyses, changes in depression scores were statistically significant (CESD-10, p=.040; PHQ-9, p=.035) with medium to- large effect sizes. The number of women whose depression scores exceeded the cut-off of 10, indicating risk for clinical depression decreased from four at pre- test to three at post-test on the CESD-10, and decreased |

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|---|---|---|
| | status=mild as assessed by the PHQ-9.<br><br>**Intervention**: Participants were randomized into the Self- esteem in Second Life Intervention for Women with Disabilities (SEE-SCI) group and control group. The SEE-SCI group participated in online, virtual activities to improve self- efficacy, connectedness, and self-care delivered by female facilitators (2-hr x/wk for 7wk). The control group received no intervention. Outcome measures were assessed pre and post intervention.<br><br>**Outcome Measures**: Three subscales (Interpersonal Support, Spiritual Growth/Self-actualization, Stress Management) from the Health Promoting Lifestyle Profile-II (HPLP-II), Medical Outcomes Study Social Support Survey Emotional-Informational Support (MOS-SS-EI), Generalized Self-Efficacy Scale (GSES), Rosenberg Self-Esteem Scale (RSES), Center for Epidemiologic Studies Depression Scale-10 (CESD-10), Patient Health Questionnaire (PHQ-9). | from three at pre-test to one at post-test on the PHQ-9.<br><br>3. For the within group analyses, changes on the Stress Management subscale of the psychological health-promoting behaviors were minimal and constituted a small effect size (p=.470). |