

AuSCR Data Access approved projects

Title	Harnessing the power of co-design to develop digital solutions and improve health self-efficacy after stroke
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Submission date	5 th February 2025
AuSCR role	Recruitment
Approved	28 th February 2025
Status	In progress
Summary	This project is funded by MRFF to address the priority area identified by Australians living with chronic disease, to develop a digital intervention to support health self-efficacy.

The team has co-designed a website with survivors of stroke and carers. The website includes text-based content and video stories created by survivors and carers to support others to feel confident in their abilities to manage their life after stroke.

We are now seeking research participants to test the website. People who are interested in participating will be invited to attend one Taking Charge After Stroke session, conducted via Zoom with a trained researcher. After this one-hour session, they will be provided log in details to the co-designed website and will be able to use the website as much (or as little) as they like over 4 weeks.

We are using a Bayesian Optimal Phase II trial design, wherein all participants have access to the intervention. We have 4 strata of participants whose data will be analysed separately (within 12 months/more than 12 months of stroke, under 65years/65 or more years). We measure the proportion of participants within each strata who respond positively to the intervention at set intervals to determine whether the intervention shows a signal of promise. If the proportion of participants responding positively falls under a pre-defined threshold, we cease recruitment for that stratum.

Outcomes: HRQoL (measured by SF-36), participation (OxPAQ), self-efficacy (Stroke Self-Efficacy Questionnaire), Anxiety and Depression (Hospital Anxiety and Depression Scale).
