

RESEARCH INFORMATION for PEOPLE WITH APHASIA

**Constraint Induced or Multi-Modal aphasia
rehabilitation: A Randomised Controlled Trial
(RCT) for stroke related chronic aphasia**



WHO IS DOING THE RESEARCH?

Miranda Rose

Associate Professor



Miranda is a **speech pathologist** working in **research** at La Trobe University.

The study has been granted **permission** by the **La Trobe University Ethics Committee** (Application No. 15-043)



ABOUT?

We know that **living with aphasia is difficult.**



Speech pathology can help. There are **lots** of types of **treatments.**



We don't know **which treatment** is the **best** for each person.

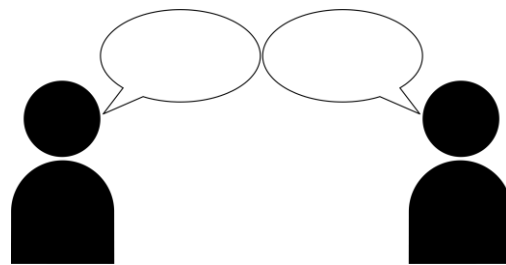


THIS STUDY

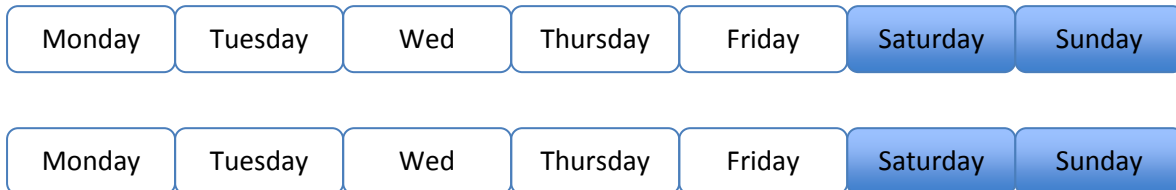
We will **compare** different treatments for people with aphasia.

1. Group A - Constraint-Induced Aphasia Therapy (CIAT)

CIAT therapy focuses on **talking**.



Therapy lasts for **30 hours** over **2 weeks**.



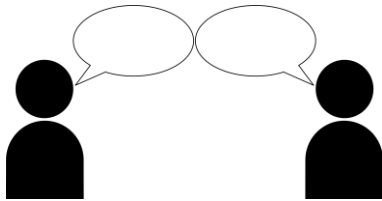
Therapy is delivered in a **group of three people** with aphasia and it is in addition to your usual aphasia therapy.



You **CAN** continue your usual aphasia therapy during this time.

2. Group B - Multi-Modality Aphasia Treatment (M-MAT)

M-MAT focuses on **talking, drawing, writing** and **gestures**.



talking



writing

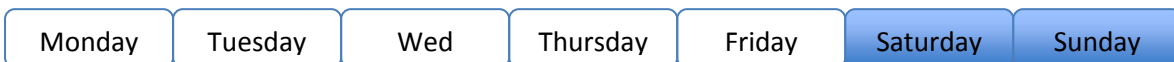
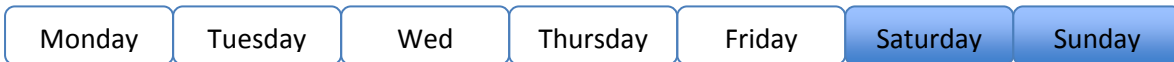


drawing



gesture

Therapy lasts for **30 hours** over **2 weeks**.



Therapy is delivered in a **group of three people** with aphasia and it is in addition to your usual aphasia therapy.



You **CAN** continue your usual aphasia therapy during this time.

3. Group C - Usual Care

No extra treatment is given. You continue with your **normal appointments or therapy** for two weeks.

Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
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Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
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4. Extra therapy for Group C

Later in the study, we will **check** that you are **still able to participate** in therapy. If **yes**, you may receive **CIAT** or **M-MAT**.

CIAT

or

M-MAT

Therapy lasts for **30 hours** over **5 weeks**.

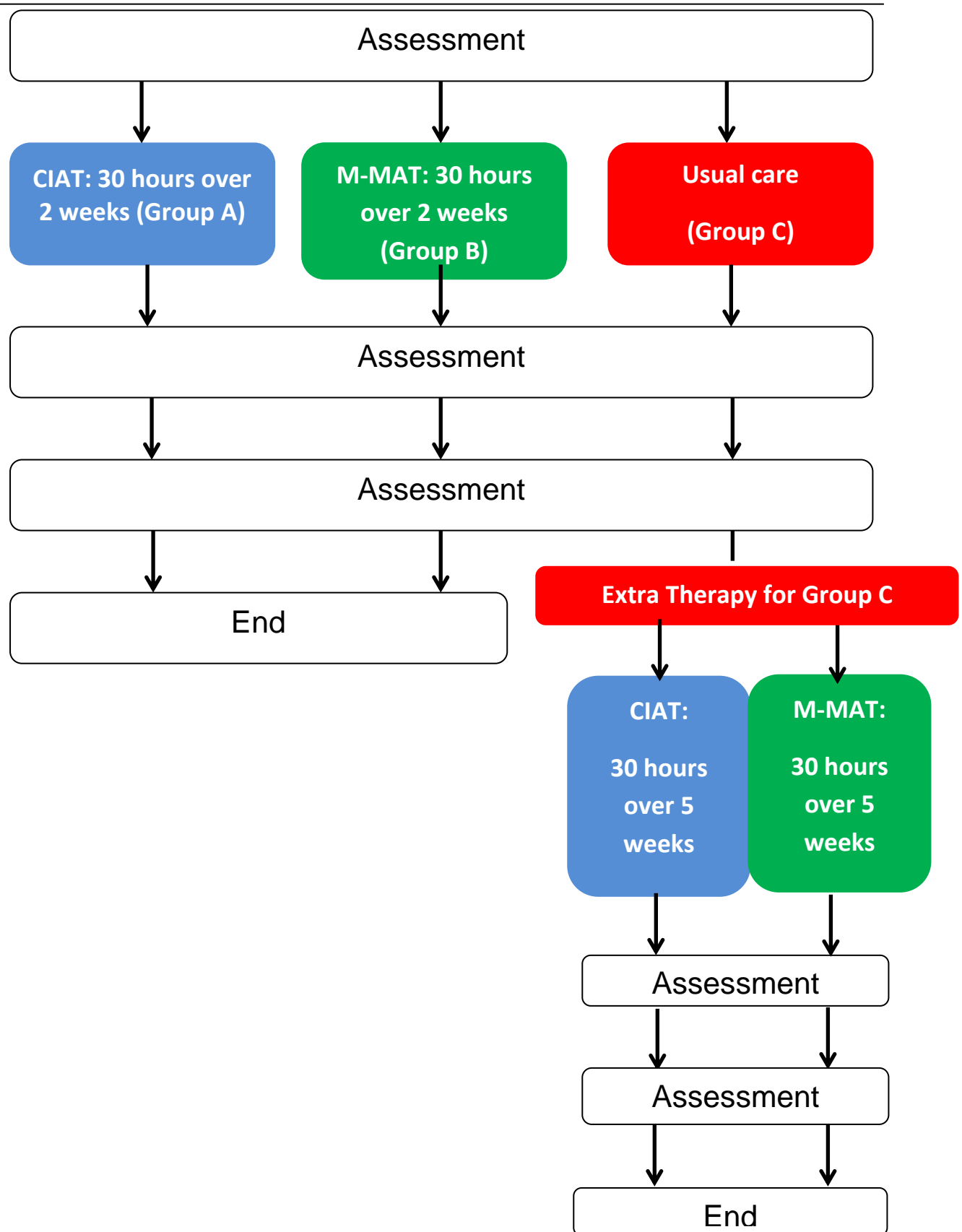
Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
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Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday

Therapy is delivered in a **group of three people** with aphasia.



You **CAN** continue your usual aphasia therapy during this time.

TIME LINE



SEVEN PARTS IN THE STUDY

1. Assessment



You will complete **tests** of **language, communication, memory,** and **thinking**.

This will happen at a **clinic** or at your **home**.

You will be **asked to provide** copies of your **brain scans** from **after your stroke** if possible or **allow** one of the **researchers** to follow up a **copy** of these **scans for you**.

There will be **2 -3** assessment sessions, with each lasting for **1 – 2½** **hours**.

2. Treatment

A **computer** will decide which **treatment** you will **receive**. This is done **randomly** and the research team have **no control over** which treatment you might receive.



You may receive:

CIAT to work on your **talking**

or

M-MAT to work on **talking, writing, drawing** and **gestures**

or

Usual Care – your **normal** activities.

3. Assessment



You will complete **tests after the treatment period.**

This will happen at a **clinic** or at your **home.**

There will be **2 - 3** assessment sessions, lasting for **1 – 2½ hours.**

Between this assessment and the last assessment (12 weeks), you will fill in a **diary.** We will **text or call you regularly to remind you.**

4. Follow-up assessment



You will complete **tests twelve weeks** after treatment.

This will happen at a **clinic** or at your **home**.

There will be **2 - 3** assessment sessions, lasting for **1 – 2½ hours**.

5. Extra Therapy for Group C

After the follow up assessment if you are in **Group C** we will **check** that you are **still able to participate** in therapy. If **yes**, you may receive **CIAT** or **M-MAT**.



You will receive:

CIAT to work on your **talking**

or

M-MAT to work on **talking, writing, drawing** and **gestures**.

6. Extra Therapy Assessment



You will complete **tests after the treatment period.**

This will happen at a **clinic** or at your **home.**

There will be **2 - 3** assessment sessions, lasting for **1 – 2½ hours.**

Between this assessment and the last assessment (12 weeks), you will fill in a **diary.** We will **text or call you regularly to remind you.**

7. Extra Therapy Follow-up assessment



You will complete **tests twelve weeks** after treatment.

This will happen at a **clinic** or at your **home**.

There will be **2 - 3** assessment sessions, lasting for **1 – 2½ hours**.

VIDEO RECORDING

During assessment and treatment, we will use a **voice recorder** and **camcorder** to record what is happening.



Why?

- to **collect information** about the **treatments**
- make sure the **treatment** is being given **correctly**.

AM I THE RIGHT PERSON FOR THE RESEARCH?

You have to:

- be **over 18 (eighteen) years** of age ✓
- have had your **stroke/brain injury** more than **6 months** s
ago ✓
- have **Aphasia** ✓
- have used **English well before** your stroke/brain injury ✓
- **attend all study visits** ✓
- be able **to manage going to the toilet** ✓
- have **a carer/close other** who can **attend assessment** ✓
visits



AM I THE RIGHT PERSON FOR THE RESEARCH?

You **cannot** participate if you :

- have a **diagnosed cognitive deficit** (problem with **thinking** or **memory**) 

- have severe **apraxia** of speech 

- **Cannot attend** all study visits 

If you have other **problems** such as:

- **current depression, anxiety,** or other **mental illness**
- **taking illegal drugs**
- **vision** or **hearing** problems

they need to be **managed** for you to **participate**.

For example: by wearing **glasses** or taking **medication**.



WHO WILL BE IN THE TREATMENT GROUPS?

There will be **2-3 (two-three)**

people with aphasia in each group.



There will also be a **speech pathologist** and a **member of the research team** may also **be present**.

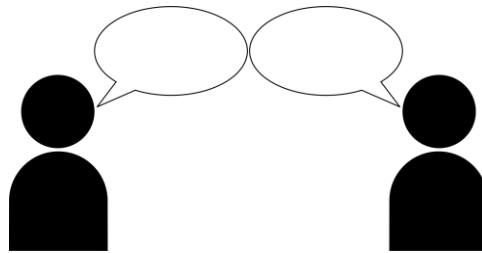


WHAT WILL THE

ACTIVITIES BE?

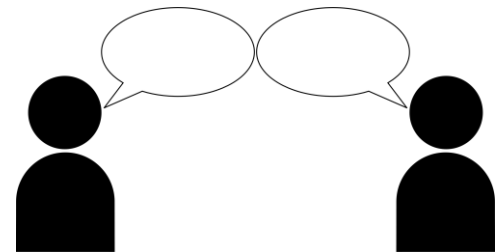
Constraint-Induced Aphasia Therapy (CIAT)

- Practising **words** and **sentences**



2. Multi-Modality Aphasia Treatment (M-MAT)

- Practising **words** and **sentences**
- Practising **drawing**
- Practising **writing**
- Practising using **gestures**



WHERE WILL THE GROUP HAPPEN?

Room: _____

Building: _____

Address: _____

Family members are **not** included in the group.

INFORMATION ABOUT YOU

We will **collect** the following **types of information**:

- **your answers** to **questions** and **tests**
- **video recordings** of **you** having a **conversation** with your **carer or close other**
- **interviews** with **you**

This information will be **used** and **stored**:

- on **paper** and
- on the **computer**

The information will be **kept** for at least **15 years**.

INFORMATION ABOUT YOU

All **information** about you will be:

- **labelled** with a **code (no names)** of numbers and letters.

M.A. 123

M.R. 456

L.L. 059

The information will be **stored safely** in:

- a **locked filing cabinet** at **La Trobe University**



- a **computer** with a **password**



INFORMATION ABOUT YOU

Information about you will be seen by

- the **research team**
- and **staff** working on the **project**

After **15 years**, the information may be **destroyed**.



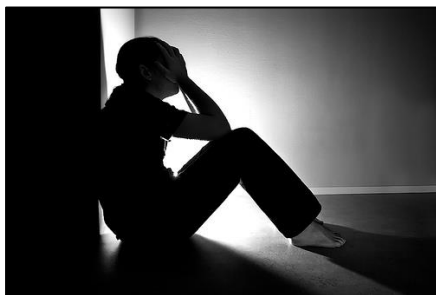
INFORMATION ABOUT YOU

We will only **share** your information **if**:

- we are **asked under law**



- **you** or **someone else** is at **risk of harm**



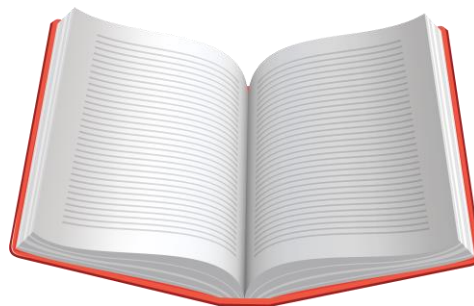
WHAT WILL HAPPEN TO THE RESULTS OF THE STUDY?

The **results** of this study will be:

- presented at **conferences**



- published in **journals**



Your **identity** will stay **private**.



HOW MIGHT THE RESEARCH BENEFIT ME?

You **might benefit** from:

- Meeting **new people** and **having conversations**
- Practising your **communication skills**
- Trying **new things**
- Building **confidence** in yourself
- **Taking part** in something that will **help other people with aphasia**



We **cannot guarantee** that you will benefit.

WHAT ARE THE COSTS OF TAKING PART?

You will need to **travel** to the treatment sessions. This will take time.



We will pay your **travel expenses**.

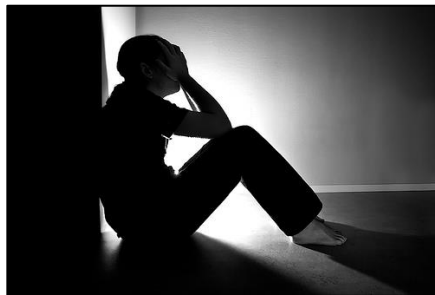


WHAT ARE THE RISKS OF TAKING PART?

You may feel **tired** after the assessment and treatment sessions.



You may feel **sad** or **depressed** after the assessment and treatment sessions.



WILL MY DECISION HAVE ANY CONSEQUENCES?

Your decision to:

- **participate,**
- **not participate** or
- **stop participating**



will **not** affect your **relationship** with:

- **La Trobe University,**
- your **relationship** with any of the **researchers,** or
- your **opportunity** to **receive** other **services** from them.

WHAT HAPPENS IF I AGREE TO PARTICIPATE?

We will ask you to **sign** a **consent form**



This means you:

- **understand** what we have **explained** to you,
- have had the chance to **ask** us **questions** and
- **agree** to **all of this information**



WHAT IF I WANT TO CHANGE MY MIND?

You have the **right** at **any time** to:



- **stop** the **questions** and **testing**,
- **stop** going to the **treatment sessions**, and
- **receive free counselling** if you want it.

If you **decide** to **withdraw** it **may not** be possible to **withdraw your data** from the study, however **all data** will be **coded** and **will not** identify you by name.

HOW DO I CONTACT THE RESEARCHERS?

Miranda Rose, Associate Professor, La Trobe University

Phone: (03) 9479 2776

Email: compareaphasia@latrobe.edu.au



WHAT CAN I CONTACT THE RESEARCHERS ABOUT?

- any questions or concerns



WHO DO I CONTACT ABOUT A COMPLAINT?

If you have **any complaints** or **concerns** about your participation in the study that the researcher has not been able to answer to your satisfaction, you may **contact** the **Senior Human Ethics Officer**, Ethics and Integrity, Research Office, La Trobe University, Victoria, 3086 (P: **03 9479 1443**, E: humanethics@latrobe.edu.au).

Please quote the application reference number 15-043.

APPROVED BY THE UNIVERSITY OF AUCKLAND HUMAN
PARTICIPANTS ETHICS COMMITTEE ON 24 August 2018 for
three (3) years, Reference Number 021001