Exploring the Feasibility of *Move&Connect*: Experiences of Youth with Prolonged Post-Concussion Symptoms and

their Parents with a Virtual Group-based Interdisciplinary Intervention

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BACKGROUND

- Youth with prolonged post-concussion symptoms (PPCS) experience challenges in physical, social, and emotional domains.¹
- The health of youth and their caregivers are interconnected.² Caregivers of youth with PPCS experience distress and report poor family functioning.3
- No interventions are available that address the needs of youth with PPCS and their families.

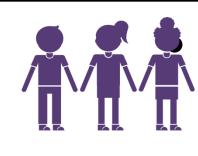
INTERVENTION

- Move&Connect is an interdisciplinary group-based intervention that provides skills training, social support, and psychoeducation to caregivers, and combines these elements with active rehabilitation (AR) for youth with concussion.
- Intervention has two program arms:
 - Move&Connect-Youth
 - Move&Connect-Caregivers
- Both arms include weekly one-hour sessions for a duration of six weeks.

OBJECTIVE

To explore the feasibility and acceptability of the virtual *Move&Connect* program.

PARTICIPANTS



10 youth (9 girls, 1 boy) with an age range between 12-18 years (M=14.5 years, SD=1.58) and were 5 months to 4 years postinjury (M=19.2 months, SD=13.08).

9 parents (all mothers).

METHODS

- Move&Connect was delivered to: 2 youth groups and 2 parent groups.
- Semi-structured interviews were conducted, and examined through qualitative content analysis.4

Move&Connect merges the benefits of social support, physical activity and concussion education to support youth with concussion and their caregivers.

RESULTS

Intervention Engagement Perceived Benefits

Move&Connect Outcomes

I felt like at the first session when we were doing the exercises, it was kind of hard to keep up, but at the end, it was a lot easier, and now like I'm working out on my own time.



I really liked the group and the opportunity to connect with other people that were going through the same stuff as me.. I'm super happy I ended up doing it.

You don't know a concussion can last this long, it is nice to know you are not alone and to hear other feedbacks., and how they deal with things.



I think the facilitators kind of hit the nail on the head for the topics that they picked...

Caregivers

- Youth and caregivers valued sharing and receiving advice from facilitators and other peers.
- Caregivers benefited from the psychoeducation.
- Youth reported that AR exercises promoted fitness integration into their daily routines.
- Feelings of validation and confidence were reported following participation.
- Groups found the virtual format convenient, accessible, and a safe space for sharing personal experiences.
- Suggestions to improve *Move&Connect* include providing handouts, resources, and adding new topics.

CONCLUSION

- Move&Connect is a feasible and meaningful virtual intervention for youth with PPCS and their caregivers.
- We would like to acknowledge the contributions of our family leaders with intervention development: Mss. Brenda Knapp & Patricia Knapp. We would like to thank the youth and caregiver participants for their time and research involvement.





