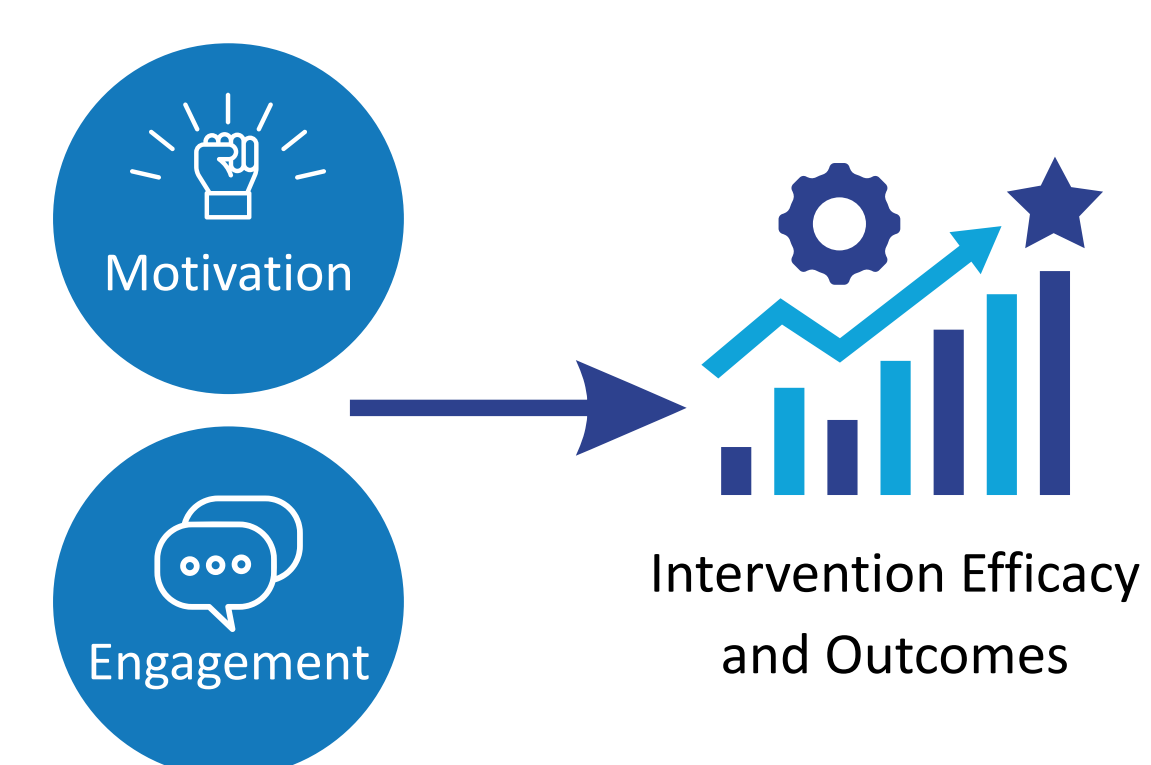


Examining Caregiver Motivation and Engagement in Move&Connect-Caregivers: A Multi-Source Exploration

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Background

- Caregivers play an important role in supporting youth experiencing **persisting post concussion symptoms** (PPCS).
- There are limited empirically validated interventions tailored to the specific **needs of caregivers**.
- Move&Connect-Caregivers (M&C-C)**¹ is a group-based, virtual intervention that supports caregivers of youth with PPCS by providing psychoeducation, social support, and advocacy strategies.
- Caregiver **motivation and engagement** with *M&C-C* are important contributors to intervention outcomes.



Research Question: What **motivates** caregivers of youth with PPCS to join and remain engaged in *M&C-C*, and how do they **engage** with the intervention?

Methods and Participants

Participants

- 33 caregivers of youth** (aged 9-18, M=15.1) **with PPCS**.
- Ages ranged from **35–63** (M=48.7) and majority (82%) identified as women.
- Ethnicities: White (67%), Black (6%), Arab (6%), East/Southeast Asian (6%), South Asian (3%) and other (13%).

Program Delivery

- 9 M&C-C groups** with **6 weekly sessions** per group.
- M&C-C* is delivered by a neuropsychologist and social worker.
- Topics included: The Ripple Effect, Child Well-Being, Parenting is Hard.

Data Sources & Analysis

Quantitative Data:

- Attendance rates** and **satisfaction surveys** were summarized using descriptive statistics to assess participation and *M&C-C* experience.

Qualitative Data:

- Field notes** recorded during *M&C-C* sessions and semi-structured **interviews** conducted post-intervention were analyzed using **directed content analysis**.
- Analytical process was guided by King et al.'s framework for caregiver engagement² and self-determination theory of motivation³.



Exploring factors that foster engagement is important to strengthen intervention outcomes. In *M&C-C*, motivation and engagement were closely linked, with (1) comfort/connection, (2) cognitive openness, and (3) willingness to participate supporting active involvement.

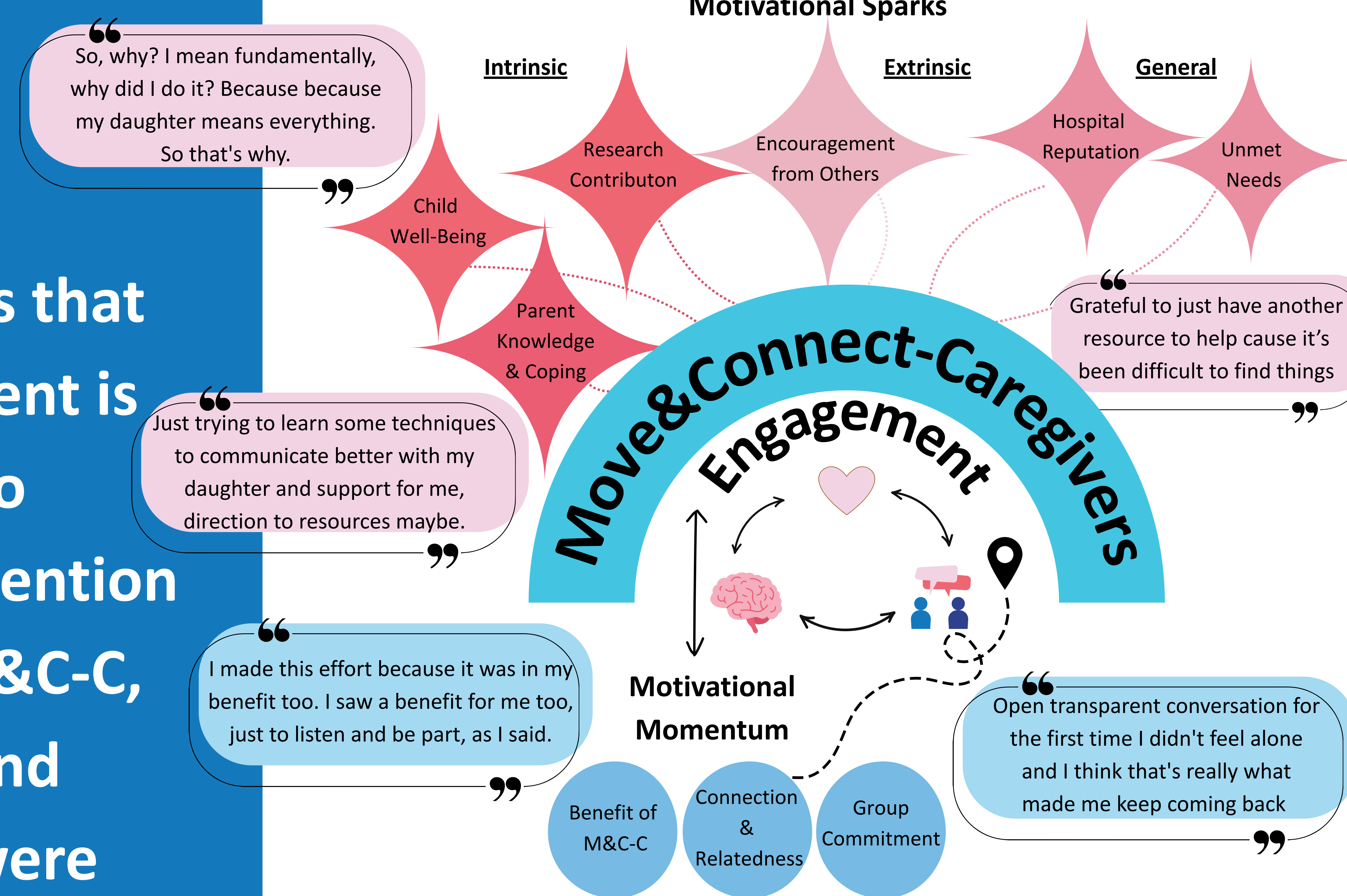


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- View abstract
- Learn more about *M&C-C* and the NOVEL lab

Results

Figure 1- Overview of Patterns of Motivation and Engagement



Behavioural

In session:

- 71%** of participants attended **at least 5** sessions; with **92%** receiving **excellent participation** ratings
- Observed behavioral engagement through:
 - Verbal participation
 - Emotionally vulnerable contributions
 - Nonverbal/digital involvement

Out of session:

- 90%** of participants planned to keep **applying content and strategies** after *M&C-C*

Cognitive

- 100%** of participants found *M&C-C* relevant and worthwhile.
- Pre/Early M&C-C:**
 - Initial **doubts** about ability to complete and benefit of *M&C-C*.
- During/Post M&C-C:**
 - Strong **belief** in the intervention's relevance and benefit.
 - Positive perceptions** of *M&C-C* structure and facilitator expertise

"I think that the information and the way it flowed was absolutely perfect."

Affective

- 100%** of participants felt **comfortable** sharing; most felt **supported** by facilitators (**97%**) and their peers (**93%**)
- Pre/Early M&C-C:**
 - Feelings of excitement, nervousness, frustration, and discomfort.
- During M&C-C:**
 - Feelings of validation, enjoyment, comfort, keenness, and relief.
- After M&C-C:**

"Kind of sad its ending but it made me realize that you need more support."

Conclusions

- High attendance, strong participation and levels of satisfaction, and diverse motivational and engagement patterns indicate that *M&C-C* fosters a **supportive environment** that promotes sustained involvement.
- Perceived **utility** of treatment, **convenience**, and feelings of **connection** and validation are important factors for continued engagement.

Relevance to Holland Bloorview

- Understanding factors that promote motivation and engagement in *M&C-C* may **enhance intervention outcomes** for families with PPCS and **inform strategies** to strengthen engagement across pediatric rehabilitation programs.



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