

**Critical Review:**

Effect of motivational interviewing on mood in stroke survivors with or without aphasia

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People who experience stroke with or without aphasia have a high risk of mood disturbances, such as depression. Motivational interviewing (MI) is an effective talk-based therapy for improving mood. MI strategies have been adapted for stroke survivors with aphasia to improve motivation to adjust to life after stroke. This critical review examines the effect of MI on mood in stroke survivors with or without aphasia. A literature review of electronic databases resulted in five articles that met the inclusion criteria. Study designs include three randomized controlled trials, one case study and one qualitative study. The overall findings suggest that MI has a potential impact on enhancing mood in persons who experience stroke with or without aphasia. A stronger evidence base is required to confirm its effect on mood, especially in the post-stroke aphasia population.

***Introduction***

Stroke survivors with or without aphasia have a high risk of mood disturbances, such as depression (Hilari, 2011). Post-stroke depression is attributed to poor engagement in therapy, affecting quality of life and survival rates (Gaete & Bogousslavsky, 2008). Motivational interviewing (MI) is an effective talk-based therapy that is client-centered and goal-directed



Case study  
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### ***Clinical Implications***

The evidence to date remains too limited to guide practice. Nevertheless, MI has some potential to improve mood in post-stroke patients and is possibly applicable to patients with aphasia. Clinicians would need to use this approach cautiously, with adequate training, and with appropriate measures in place to monitor clearly defined individual outcomes.

Next steps are to implement more level I evidences to strengthen the association of MI on mood in stroke survivors with aphasia. It is recommended that a practical manual be developed to guide MI training and supervision for clinicians who are interested in implementing MI as a counseling approach in stroke settings.

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