

# Evaluating a novel cognitive behaviour therapy (CBT) intervention for sexuality changes after traumatic brain injury

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## Introduction

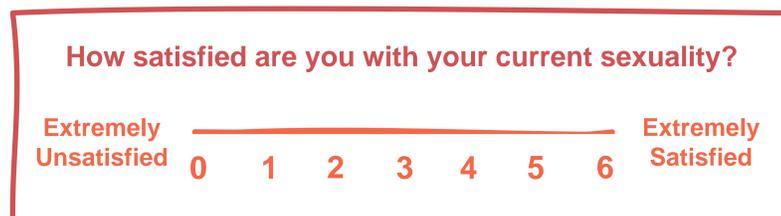
- More than half of adults with traumatic brain injury (TBI) report sexual dysfunction and/or poor sexual wellbeing post-injury.
- Despite widespread acknowledgement that sexuality changes persist long term, no evidence-based interventions exist to promote positive sexual adjustment following TBI.

## Aim

- Examine the efficacy of CBT-SWELL, a novel, individualised Cognitive Behaviour Therapy (CBT) treatment for Sexual WELL-being, after TBI using a single case series design.

## Method

- A multiple baselines, AB single-case experimental design (SCED) with 2-mth follow-up in nine adults (5 female) with moderate-severe TBI and a mean time post-injury of 6.56-years.
- Primary outcome measure completed 3 x week:



- Secondary outcome measures of mood, self-esteem, social participation and functional goal attainment completed at 3 timepoints (pre-treatment, post-treatment, 2-mth follow-up).

## The Intervention

- Offered to both individuals and couples, treatment consisted of 8 sessions + 1 booster session with a clinical psychologist and an optional medical review.
- Sessions were audio-recorded and rated by an independent psychologist.
- Treatment guide consisted of 12 modules that were flexibly selected and delivered according to the individuals/couples needs.



## Results

- Primary outcome measure analysed using visual and statistical, i.e., Tau-U, analysis.
- 5 participants demonstrated improved sexuality satisfaction post-treatment. An additional 3 participants showed delayed treatment response, with improved sexuality satisfaction reported at follow up.
- All participants demonstrated clinically significant improvement in at least one goal.
- Adequate treatment adherence and good feasibility shown.

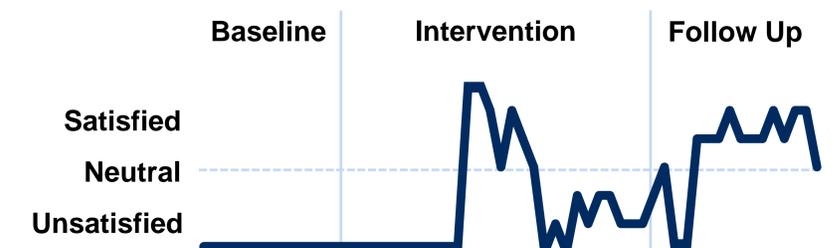
## Case Study - Emma\*

At 10-months post-injury, Emma was struggling with feeling “disconnected” from her body. She endorsed behavioural changes (irritability, anger outbursts) as well as fatigue that were contributing to loss of intimacy in her marriage.

### Emma's Treatment Modules



### Emma's Sexuality Satisfaction



“It saved us... It brought us together, just even her sessions, we were able to communicate effectively and go, ‘Yeah, this is where we’re at’”

## Conclusions

- The results provide preliminary evidence of efficacy for CBT-SWELL in treating complex and diverse sexuality problems after TBI, with larger trials warranted.