



Research Brief

Resilient Coping Types in People with SCI

Introduction

Resilience is central to living well with a spinal cord injury (SCI). To provide a timely, targeted, and individualized intervention supporting resilience, it is necessary to assess an individual's resilience level and characteristics of resilience on an ongoing basis. We aimed to validate the different types of resilient coping among people with SCI.

Key Findings

- We found three types of resilient coping among people with SCI during rehospitalization or inpatient rehabilitation: 1) GP (goal-pursuing, bouncing-back, and persevering), 2) UC (uncertainty about coping with setbacks), and 3) LOSS (loss of resilient coping).
- About 45% of the participants used a GP type of resilient coping, meaning when facing setbacks, they were usually able to achieve their goals despite barriers. They typically adapted to changes while bouncing back after illness or hardships.
- The GP group had higher resilience and life satisfaction and reduced symptoms of depression, which made GP distinct from UC and LOSS.

Conclusion

The multivariate tests indicated that the three types differed on a linear combination of resilience, depression, and life satisfaction, with a large effect size. We discuss the three types of resilient coping and the implications for psychosocial interventions. We also recommend that rehabilitation clinicians examine PwSCI's resilience levels and types of resilience during initial and follow-up visits. In doing so, PwSCI will have timely, targeted supports for developing and/or re-building their resilience

When working with the GP group, clinicians may need to monitor patients' ambitious or unrealistic goals/expectations that may raise distress or frustrations, which could sabotage self-efficacy and positive thinking and emotion.