

No FEARSS: AN investigation Of Fear of recurrence, Emotional Resilience and Self-management behaviours on quality of life for Stroke survivors



Hello Everyone! My name is Shannon Gray, and I'm a PhD student working with DCU and Croí to research how people who have experienced a stroke in the last 12 months are coping post-stroke.

So what's this research all about, and why should I get involved?

My research is focused on post-stroke recovery for people in Ireland, notably examining how **emotional regulation** (controlling one's emotions), specifically **fear of recurrence** (the experience of worry and concern that you may experience another stroke), impacts the **self-management behaviours** (management by a person of their treatment, symptoms, lifestyle, and physical and psychological well-being as they live with a chronic condition) that support people as part of their stroke recovery.

We hope that by understanding the relationship between emotional regulation and self-management behaviours and by identifying which self-management behaviours impact emotional regulation and how emotional regulation impacts self-management behaviours, this novel research will update scientific understanding and support practical recommendations around helping people live with stroke in Ireland. This is a highly novel area and the first in Ireland to examine the role of fear of recurrence in the stroke population!

What's involved in taking part?

If you have **experienced a stroke in the last 12 months**, you are eligible to participate in this research. You will be asked to complete a total of 3 short surveys, one when you begin the study, another one three months later, and another three months after that

The surveys can be sent to your home, or you can complete them online, so you can complete them at a time and place that suits you!

How can I get involved or get more information?

If you or someone you know may be interested in taking part, please feel free to contact me by email (shannon.gray23@mail.dcu.ie) or by phone (0876390670)



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