Lane-Brown and Tate (2010). Evaluation of an intervention for apathy after traumatic brain injury: A multiple-baseline, single-case experimental design. *J Head Trauma Rehabil,* 25(6): 459-469.	RoBiNT score - 18/30
Method / Results	Rehabilitation Program

Method / Results

Design
- **Study Type:** SCD. Multiple baseline across behaviours.
- **Population:** n=1. Male, age 32, very severe TBI as a result of a bicycle accident 3 years and 7 months before the study enrolment.
- **Setting:** Not specified.

Target behaviour measures:
- Sustaining activity on the 3 target behaviours (number of minutes spent each day working toward the goal):
    1. Organise and maintain bedroom
    2. Increase fitness and maintain through exercise
    3. Improve social conversation.

Primary outcome measure/s:
- Apathy Evaluation Scale (AES)
- Frontal Systems Behaviour Scale (FrSBe) – Apathy subscale.

Secondary outcome measure/s:
- Wechsler Adult Intelligence Scale (WAIS-III)
- Self-awareness of Deficits Interview (SADI)
- Nottingham Leisure Questionnaire (NLQ)
- Mayo-Portland Participation Index (M2PI)
- Depression Anxiety Stress Scale (DASS) – Depression subscale
- Barrow Neurological Institute Fatigue Scale (BNIFS).

Results: Statistical analysis showed treatment had a strong, specific, and significant effect on treated goal-directed activity and decreased apathy. The success of treatment was dependent on initiation as well as sustaining goal-directed activity.

Rehabilitation Program

Aim: To increase sustained activity toward cumulative goals.

Materials: Patient's personal digital assistant (PDA), stopwatch.

Treatment Plan:
- **Duration:** 28 weeks.
- **Procedure:** Weekly face-to-face sessions for 1 hour per session. Daily measurement of target behaviours occurred during all phases simultaneously, for all goals after the first 5 weeks of face-to-face sessions (163 time points).
- **Content:** Treatment incorporated motivational interviewing (during face-to-face sessions) and external compensation to assist in initiating and sustaining cumulative goal-directed activity.
- During sessions, the previous week's progress was reviewed, steps to undertake the goal-directed activity for the upcoming week were defined and sequenced, and methods of overcoming barriers were discussed.
- External compensation was a daily reminder alert set into the patient's PDA, a device he was experienced in using, at the time of the day the activity was to commence.
- Daily recordings of the time spent on goals were made over 7.5 months.
- Goal 3 was an untreated, control goal.

Note that these rehabilitation summaries reflect the current literature and the treatments are not necessarily endorsed by members of the NRED Team.