

GLOW Study: Longitudinal methodology to assess contributors to outcomes after burns

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Although burn injuries are associated with complex psychological, social and physical long-term outcomes, there is a lack of long-term and large scale research studies evaluating the psychological and social factors that impact on recovery after burn injury. The main aim of this investigation is to conduct a longitudinal study to investigate the psychological and social factors that may influence disability, quality of life and psychiatric morbidity in burn injury patients. Consecutive admissions to the Alfred Hospital Victorian Adult Burn Service with burns of Total Burned Surface Area (TBSA) of 20% or less are being recruited over an 18 month period, and followed up over 6 months. Patients complete assessments at baseline, 3 months and 6 months, with assessments including self-report questionnaires and structured clinical interviews to assess psychiatric morbidity. Self-report questionnaires assess symptoms of anxiety, depression, anger, pain, social support, appearance perceptions, alcohol use, quality of life, and disability. The target sample size is 150 patients. To date, 59 burn patients have been recruited, with nine having completed all three assessments. Recruitment and follow-up assessments are on-going. By evaluating the progress of recovery and what factors may contribute to outcomes, this study aims to provide much needed insight into the complex interplay of factors associated with recovery after burns in order to inform current and new interventions and resources available to burn patients.

Key Words

Burns, burn injury, psychological, disability, PTSD, longitudinal

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