

Grant recipient: Dr Leisle Ezekiel

Grant: Research Career Development Grant 2022

Title of project: An enquiry of the usability of a fatigue ecological momentary assessment (fatigue smart-EMA) in supporting fatigue management.

Abstract:

Is a fatigue and activity tracking smartphone application (app) usable and useful to people with brain injuries and occupational therapists in monitoring their fatigue?

Background. In the UK over 300,000 people experience a brain injury and over half experience troublesome fatigue. Occupational Therapists usually teach people how to manage their fatigue, but established methods to assess fatigue do not capture the effects of therapy. Surveys delivered repeatedly throughout the day by a smartphone application (app), along with a Fitbit, provide detailed information about an individual's fatigue in daily life and may better guide fatigue management and capture change.

Methods We will recruit occupational therapists and members of the public who live with brain injury and fatigue. We will ask participants with brain injury to wear an activity tracker (for example, a Fitbit) and answer surveys on their phone about their fatigue and activity for six days. We will interview the participants about their views on the app and the information gathered about their fatigue.

We will interview occupational therapists about the information collected by the app, including how valuable the information is and how they might use it.

Public involvement

An individual with brain injury has given feedback on this research proposal and a group of people living with fatigue and clinicians will meet monthly to guide the research.

Dissemination

The study findings will be shared with participants through a study website. We aim to publish the results in an accessible journal, to present them at the Royal College of Occupational Therapists' conference.