

Nursing and Allied Health Abstracts

Title: TESTING THE TRANSITION TRAINING PREPARATION PROGRAM

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Background: During the past forty years, the survival rate of individuals with spina bifida (SB) has improved considerably, resulting in nearly 90% living into adulthood. The needs of adolescents with SB highlight the importance of empirically testing transition self management interventions to support them in making successful biopsychosocial transitions to adulthood (McLone, 1989; Morgan, Blackburn & Bax, 1995).

Method: This prospective controlled trial examined whether a cognitive-behavioral program of Transition Preparation Training (TPT), in combination with SB management, will lead to improved transition self management and physiologic and psychosocial outcomes of adolescents, ages 14 to 18 years. Pre and post measures were gathered from youth randomized into the treatment (n=32) and control (n=35) groups pertaining to subjective well-being, role mastery and well being of relationships (Meleis, 1997). We intend to compare adolescents with SB who received TPT in combination with SB management to adolescents with SB who received only SB management within three major dimensions: 2) Role mastery, as measured by the Community Life Skills Scale; 3) Well-being of relationships, as measured by My Family and Friends Scale: Teenage Version; and 4) Self-care agency, as measured by the Denyes Self-Care Practice Instrument. Demographic information was obtained using the Transition Demographic Questionnaire. Another dimension of transition was completed by parents 1) Subjective well being, as measured by the Personal Adjustment and Role Skills Scale. Parents also completed a demographic questionnaire.

Results: Baseline data (pretest) gathered from treatment and control groups will be presented that will be used to compare differences on post test measures.

Conclusion: It is planned to that study hypotheses will test for differences between two groups on the degree of change observed in measures of subjective well-being, role mastery, well being of relationships and self-care agency from pre testing to post testing (conducted 3 months post intervention). Differences in the amount of change observed as a function of the TPT will be assessed using one-way (TPT vs. Control) repeated measures (pre- and post training) analyses of variance or multivariate analyses of variance (MANOVAs).