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A longitudinal analysis of psychological impact and coping strategies following spinal cord injury.

This study longitudinally examined the relationships between psychological impact and coping in a cohort of 87 traumatic spinal cord injured individuals (aged 16-65 yrs). Repeated, standardized measures were collected across nine observational periods from onset of injury to community placement. Forward stepwise variable selection multiple regression analyses were employed to examine concurrent predictive factors and prediction over time. At 6 wks post injury, 64% of the variance in depression was predicted by the use or non-use of three coping strategies. The coping measures collected at 6 wks post-injury predicted 67% of the variance in depression at 1 yr post-discharge. This study not only elaborates on the pattern of adjustment post-traumatic spinal cord injury, but specifies the relationship between coping and adjustment. Moderating variables did not account for significant variance.