

Attitude, Motivation and Coping in Stroke Rehabilitation: A Review of Measurement Instruments

SEHBA SHIRAZ¹, PANKAJ KUMAR MALIK²

ABSTRACT

Stroke rehabilitation outcomes are influenced not only by physical recovery but also by psychosocial factors such as attitude, motivation, and coping. Accurate assessment of these domains is essential for understanding patient participation, adherence, emotional adjustment, and rehabilitation outcomes. Numerous measurement instruments have been developed; however, variability exists in their constructs, applicability, and psychometric properties. To review and summarise the available measurement instruments assessing attitude, motivation, and coping among individuals undergoing stroke rehabilitation.

A narrative review of literature was conducted using electronic databases, including PubMed, Scopus, Google Scholar, PEDro, and ScienceDirect. Studies published in English that assessed instruments related to attitude, motivation, and coping in stroke survivors were included. Information regarding domains assessed, psychometric properties, clinical utility, and applicability in rehabilitation settings was extracted and analysed. The review identified several instruments assessing psychosocial dimensions in stroke

rehabilitation. Attitude-related measures primarily evaluated beliefs, perceptions, and readiness toward rehabilitation. Motivation scales focused on participation, engagement, goal orientation, and self-determination during therapy. Coping instruments assessed adaptive and maladaptive coping behaviours, emotional adjustment, and stress management strategies. Most tools demonstrated acceptable reliability and validity; however, many instruments assessed only a single psychosocial construct and lacked stroke-specific applicability. Limited evidence was found regarding comprehensive tools integrating all three domains. Existing instruments provide valuable assessment of attitude, motivation, and coping in stroke rehabilitation; however, gaps remain in the availability of comprehensive, stroke-specific multidimensional tools. Future research should focus on developing and validating integrated assessment instruments to enhance psychosocial evaluation and improve rehabilitation outcomes in stroke survivors.

Keywords: Measurement instruments, Psychometric properties, Psychosocial assessment.

PARTICULARS OF CONTRIBUTORS:

1. MPT Student, Department of Physiotherapy, Amity Institute of Health Allied Sciences, Amity University, Noida, Uttar Pradesh, India.
2. Assistant Professor, Department of Physiotherapy, Amity Institute of Health Allied Sciences, Amity University, Noida, Uttar Pradesh, India.

NAME, ADDRESS, E-MAIL ID OF THE CORRESPONDING AUTHOR:

Dr. Pankaj Kumar Malik,
Assistant Professor III, Department of Physiotherapy, Amity Institute of Health Allied Sciences, Amity University, Sector-125, Noida-201313, Uttar Pradesh, India.
Email: pkmalik@amity.edu; pankajkrmalik@gmail.com