

## *The Impact of Resilience on Quality of Life in Spinal Cord Injury Patients*

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### **INTRODUCTION**

The purpose of this review is to research the impact that psychological resilience has on the quality-of-life of spinal cord injury patients. In this review resilience and quality-of-life are both defined and conceptualized. Persons who have acquired a traumatic spinal cord injury that possess resilience show a lack of psychopathology after community reintegration, returning to their previous state of well-being. Those who do not possess factors that promote resilience develop depression, anxiety, and stress related disorders. This review examines why and how resilience affects quality-of-life and how the factors of each play a role in this dynamic relationship. The data that is examined in this study is used with permission from the Rick Hansen Foundation.

### **AIM:**

The review assessed whether resilience plays a role in the quality of life of SCI patients and how these factors play a role in psychopathology

### **MATERIALS AND METHODS:**

Participants were already enrolled in a larger multi-center (hospital) investigation where a series of assessment and demographic information was collected at the time of injury, 6 months, then 1-year, then 2-years, and then every 5-years post-injury.

### **RESULTS:**

The literature shows that those who possess high resilience and high quality-of-life develop no psychopathologies and return to normal psychological functioning after trauma. While those with low resilience and poor quality-of-life have poor coping mechanisms, therefore developing at least one psychopathology

At least 60 percent of those with one psychopathology developing at least one or more concurrent disorders.

### **CONCLUSIONS:**

Because there are limited mental health resources and the pure gravity of this situation there remains a rate of up to 40 percent depression, 28 percent anxiety, and 9 percent stress disorders in the community post SCI. This brings to attention the need for resilience building interventions which should begin immediately after injury. It is so important because there are so many opportunities and possibilities ahead. We just need to help them see it! It benefits both society, and the individual.

### **KEYWORDS:**

Spinal Cord Injury 2. Resilience 3. Quality-of-Life

### **BIOGRAPHY:**

Joshua Dvorkin has completed two bachelor's degrees from Ryerson University, one in journalism, the other in Psychology. In 2021, Joshua graduated with a master's degree in psychology from the Adler Graduate Professional School. Joshua has a very personal relationship with resilience – On November 11, 2021 Joshua had an epileptic seizure and as he fell backwards, he landed on asphalt on his head and broke his neck. In a moment, his life changed forever. Joshua is the clinic director, Registered Psychotherapist (Qualifying), and Success Coach. He uses his life both his experience and education to catapult his clients to achieve their goals and create the quality-of-life they desire. Joshua is currently writing his first book and creating his first online course using his proprietary D-STRESS Framework.