

# The Effectiveness of Home-Based Therapy on Functional Outcome, Self-Efficacy and Anxiety Among Discharged Stroke Survivors

ACTRN12619001182189

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Status	RECRUITING
Sponsor	National University of Malaysia
Enrollment	72 participants

## Plain Language Summary

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Recovering from a stroke is a long process that often continues well after hospital discharge, but access to ongoing physiotherapy can be limited. Home-based therapy (HBT) offers a way to continue rehabilitation in the comfort of your own home with the support of a trained caregiver. This study tests whether a structured home-based therapy program is more effective than usual care (for those discharged from hospital outpatient physiotherapy) in improving mobility, walking speed, confidence, and anxiety in stroke survivors.

Participants aged 60–85 who are stroke survivors and have been discharged from hospital physiotherapy are randomly assigned to home-based therapy (supported by their caregiver) or to continue with their usual routine. Assessments take place at the start, end, and follow-up to measure progress.

You may be eligible if you are aged 60–85, have had a stroke, were discharged from outpatient physiotherapy more than four months ago, require a caregiver for daily activities, and are able to walk on level ground (with or without supervision). People with significant cognitive impairment, depression, or who already have a home physiotherapist are not eligible.

## Key Eligibility Criteria

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### Inclusion (9)

- Subject diagnosed with stroke
- Stroke patient who was discharged from HOPS for more than 4 months.
- Subject age between 60 to 85
- Subject requiring caregiver assistance in the activity of daily living (ADL). The caregiver needs to fulfill the caregiver criteria
- Functional ambulation categories scale > 3. Subject was able to ambulate on level surface without an assistant or only required supervision from one person.

... and 4 more (see full listing online)

### Exclusion (3)

- Stroke patient with cognitive impairment (Montreal Cognitive Assessment (MoCA) <26). MoCA score of less than 26 indicates the presence of cognitive impairment.
- Attended by a home physiotherapist after discharged from HOPS
- Stroke patient with depression (Hospital Anxiety Depression Scale-Depression HADS-D >11). HADS-D score above 11 indicates that moderate to severe level of depression.

## Locations (1 total)

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Kuala Lumpur, Malaysia

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<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12619001182189>

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