

## **CAF/15/07 - Developing a stepped-care model for treating anxiety disorders after stroke**

There are 1.2 million stroke survivors in the UK. About a quarter of them are affected by anxiety disorders. This is when anxiety or fears become excessive or out-of-proportion, affecting the person's ability to carry on with their life normally. Anxiety can become persistent and lead to a poorer quality of life.

### **The proposed research**

Using existing research, patient interviews and questionnaires, I will develop methods to identify, characterise and treat anxiety after stroke, in a way that is practical for the National Health Service in Scotland. These methods will be tested first in stroke survivors to determine if they are acceptable or practical to deliver.

### **Outcomes and expected benefits**

Following this project, I will test if this new way of identifying, characterising and treating anxiety after stroke leads to better health in a large group of stroke survivors in Scotland, before rolling it out within the NHS.