

### THE UNIVERSITY OF QUEENSLAND STUDY OF PHYSICAL AND PSYCHOLOGICAL OUTCOMES FOR CLAIMANTS WITH MINOR AND MODERATE INJURIES FOLLOWING A ROAD TRAFFIC CRASH (UQ SUPPORT): DESIGN AND METHODS

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**What was the study about?**

The intention of this study is to better understand physical and psychological condition of people who have suffered minor/moderate injuries as a result of a road traffic crash (RTC). And as a result used Queensland's 'at fault' third party comprehensive insurance scheme operated by the Motor Accident Insurance Commission (MAIC). The study is a long-term, 2-year study of the physical and psychological effects of being involved in a RTC. One of the study's aims was to provide early indicators for people who are at risk of not making a full recovery following an RCT. The study also sort to be used in future research as a template for studying the physical and psychological effects of minor/moderate injuries post RTC.

**What did the study find?**

Results of the current study are dependent on further research, future studies will increase the understanding of predicting factor on recovery rates for individuals post RTC.

**Why is this interesting or important?**

Due to the significant financial and social cost associated with RTC it is important to understand and identify why some individuals are less likely to recover. This study is currently the only long-term investigation looking at minor/moderate injury post RTC. The study will also be able to be used by other researchers in future studies when investigating the physical and psychological effects connected to RTC and recovery rates.

**How was the study done?**

Initially a letter was sent to people who had experienced a RTC inviting them to participate in the study. The participants were chosen via MAIC's database, meaning that participants had been involved in an insurance claim as a result of a RTC . Once people agreed to participate, a survey with a broad range of questions on a person's physical and psychological health was sent to them. Once the survey was returned, a follow up phone interview was conducted. This process was repeated at six months, approximately twelve to fifteen months and two years.

### What does this mean for practice?

In practical terms this study will influence policy and practice of injury management and post-injury rehabilitation, allowing for better targeted pathways to recovery. Future studies using this methodology will be used to improve people's chances of being able to return to work and their lives prior to their involvement in RTC.

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