

# The SLP-Minded Podcast

Episode 2: Dr. Jacqueline Laures-Gore and Stress and Depression in People with Aphasia  
Show References and Resources

This episode was based on Dr. Jacqueline Laures-Gore's research:

- Laures-Gore, J.S., Farina, M., Moore, E., Russell, S. (2017). Stress and Depression Scales in Aphasia: Relation between the Aphasia Depression Rating Scale, Stroke Aphasia Depression Questionnaire-10, and the Perceived Stress Scale. Topics in Stroke Rehabilitation, DOI: <http://dx.doi.org/10.1080/10749357.2016.1198528>

Learn more about Dr. Laures-Gore and her research:

- Georgia State University webpage:  
<https://education.gsu.edu/profile/jacqueline-laures-gore/>
- Google Scholar webpage:  
<https://scholar.google.com/citations?user=2oL2XbwAAAAJ&hl=en>

References mentioned during this episode's interview:

- The Aphasia Depression Rating Scale (ADRS) for rehab professionals:  
<http://www.strokenet.ca/wp-content/uploads/2015/01/ADRS.pdf>
- The Stroke Aphasia Depression Questionnaire-10 (SADQ-10) for caregivers of PWA:
  - Hospital version:  
<https://www.nottingham.ac.uk/medicine/documents/publishedassessments/sadq-h10.pdf>
  - Community version:  
<https://www.nottingham.ac.uk/medicine/documents/publishedassessments/sadq10community.pdf>
- Perceived Stress Scale:  
<http://www.ucdenver.edu/academics/colleges/medicalschooll/departments/Anesthesiology/Wellness/Documents/PerceivedStressScale.pdf>
- Follow Dr. Rebecca Hunting Pompon's work on aphasia-friendly depression assessments. She is an Assistant Professor at the University of Delaware and presented

on “Measuring chronic stress in people with aphasia” at the 2017 Clinical Aphasiology Conference. Learn more about her research via her lab website:

<https://sites.udel.edu/chs-arolab/>

- Current research that supports intensive aphasia treatment's positive role in reducing depression in people with chronic, non-fluent aphasia:  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5784455/>
- We need SLPs who also have counseling backgrounds to work with people with communication disorders like aphasia! If you are interested in speaking with a SLP who also has a degree in counseling, perhaps because you are thinking about getting another degree in counseling, too, contact: Elizabeth Earhart, MA, CCC-SLP; MS, LPC, NCC at the [therapist@eharthartlpc.com](mailto:therapist@eharthartlpc.com)

Useful research findings to include in an email to mental health professionals when seeking referral sources and to support your in-service efforts for mental health professionals in your area:

- “Post-stroke depression (PSD) is the most common mental health issue, afflicting around 33% of stroke survivors. PSD has a negative impact on the rehabilitation, recuperation of motor and cognitive deficits following stroke and significantly increases the chances of relapsing neurovascular events. It has been demonstrated that biological and psychological factors have a significant role in PSD” (Das, J. and Rajanikant, G. “Post stroke depression: The sequelae of cerebral stroke.” *Neuroscience and Biobehavioral Reviews*. April 2018.)
- “Depression, adjustment disorder and anxiety are common after stroke. Risk factors are aphasia, dominant hemispheric lesions, and past personal/family history of depression, but not time since stroke” (Mitchell et al. “Prevalence and predictors of post-stroke mood disorders: A meta-analysis and meta-regression of depression, anxiety and adjustment disorder.” *General Hospital Psychiatry*. April 2017.)
- “Prescheduled follow-ups for all stroke patients, including routine depression screening, can remarkably improve the compliance with depression screening and the detection of depression” (Berg, Anu et al. “Implementation of Prescheduled Follow-Ups With Education Improve Poststroke Depression Screening Compliance in Routine Clinical Practice.” *Archives of Physical Medicine and Rehabilitation*. May 2018.)