ABSTRACT

Background: The occurrence of stroke is related to older age. However, recent studies find that persons less than 64 are at risk for getting a stroke. The issue develops because of the significant consequence of stroke that can affect the aspects of the patient's life, most stroke survivor experiences disability during productive period that affect their welfare and increase family burden. Moreover, Indonesia is estimate to be the country with the highest stroke incidence in Southeast Asia.

Objective: This study aimed to examine the predictors of functional recovery among adults with stroke.

Methods: This was a cross-sectional study involving 183 stroke patients who were selected in consecutive from march to may. As for functional recovery measurement using the Barthel Index; stroke severity measured by National Institute of Health Stroke Scale (NHISS); Self-Efficacy measured by General Self-Efficacy Scale (GSES); and depression measured by depression subscale of ospital anxiety and depression scale (HADS). Logistic regression model was conducted to examine the risk factors of functional recovery in patients with stroke.

Results: The findings of logistic regression model showed that stroke severity (β=89; $p<,001$) and depression (β=1,20; $p=,03$) were significantly related to functional dependent. Those stroke survivors with severe disease and depressive symptoms would have poor funcitional recovery.

Conclusion: Stroke survivors with high stroke severity and depressive symptoms would be the risk group of poor functional recovery.

Keywords: Adults, depression, functional-recovery, stroke