

Abstract

Deficient executive functioning influences significantly the ability to manage every day life requirements. Nowadays different structured programmes for EF rehabilitation are available for acquired brain damage patients. Their efficiency had been confirmed by meta-analysis, yet cognitive-behavioural rehabilitation programmes in clinical practice still lack some kind of systematic intervention particularly aimed at EF.

The topic of the theoretical part is an introduction of selected theoretical models of EF and a summary of existing knowledge about EF rehabilitation. I have created a rehabilitation programme specifically focused on the ability of planning and organizing activities, which are complex abilities closely linked to the primary components of EF. This programme was created to help patients with acquired brain damage to work on improvement of such abilities, whose disruption makes managing every day life requirements difficult. Along with that we tried to improve the quality of their lives. This programme is also being introduced within the theoretical part of this work.

Further the process of research is being analyzed. The rehabilitation programme was used with 9 acquired brain damage patients and its efficiency was measured. Reasons why I used small-*n* design are analyzed in detail as well as the advantages and disadvantages of such methodological design. The efficiency of my intervention was measured using selected parts of following methods: from Behavioural Assessment of the Dysexecutive Syndrome Key Search Test, The DEX Questionnaire and ZOO Map Test. Results obtained before the beginning of the programme and those obtained after its end were compared. Different variants of the ZOO Map Test, which I created on my own were administered after each training session. Semi-structured interviews with patients were also led.

Visual analysis results of the data obtained by these methods are considered in the context of patients' responses in interviews and in the context of results in The DEX Questionnaire for patients and their relatives. Based on these results I suppose, that such or enlarged rehabilitation programme that is based on similar principles is beneficial for patients with acquired brain damage and deficient EF, and that such programme can also influence positively their functioning in every day life.

Keywords: Acquired brain injury, executive functions, cognitive rehabilitation, planning and organization, Goal management training