

Extracting the Concept of Metacognition Regarding Driving Behavior in Stroke Survivors: An Interview Study Toward Scale Development

Primary Researcher: Naoki Saka

- 1) Tokyo Metropolitan Rehabilitation Hospital Department
- 2) Doctoral student, Department of Occupational Therapy, Graduate School of Human Health Science, Tokyo Metropolitan University

Co-researchers: Reiko Miyamoto

- 1) Associate Professor, Department of Occupational Therapy, Graduate School of Human Health Science, Tokyo Metropolitan University

The purpose of this study was to qualitatively explore the characteristics of metacognition related to driving behavior in individuals with stroke. Focus group interviews were conducted with stroke survivors who had resumed driving and occupational therapists (OTs involved in driving rehabilitation). The data were analyzed using Reflexive Thematic Analysis. Eight themes were identified from the narratives of stroke survivors, and five themes were derived from those of OTs. Stroke survivors described adjusting their driving behavior based on awareness of physical, cognitive, and emotional changes and reflective learning through driving experiences; however, these metacognitive processes fluctuated depending on context and driving situations. In contrast, OTs inferred patients' metacognitive characteristics by integrating multiple sources of information obtained through observation and clinical dialogue. These findings indicate that the evaluation of metacognition in driving behavior requires not only self-assessment by drivers but also systematic consideration of the perspectives and judgment processes underlying support professionals' evaluations. This study provides foundational qualitative evidence suggesting that future scale development should incorporate both drivers' self-perceptions and clinicians' evaluative viewpoints to more comprehensively assess driving-related metacognition in stroke survivors.