Abstract

We gathered data from Brazilian and foreign studies published between 1996 and 2005 which related subjective well-being, sense of psychological adjustment and stroke. The objective was identifying mediator variables of this relation among old people. Prospective and cross-sectional studies indicated that those affected by stroke showed less subjective well-being than the general population. Good cognitive capacity, effective social support, continuity of a productive occupation, keeping the competence in instrumental activities of daily living and good mood are factors which can affect positively the subjective and psychological wellbeing. Variables which can affect negatively the subjective and psychological well-being are functional incapacity, cognitive deficits, depression, difficulty in re-establishing the identity and restrictions to the possibility of executing activities and roles which contribute to the self-definition. The knowledge of the psychological implications of suffering stroke can benefit patients, families and professionals in managing such event.

Keywords

Psychological adjustment; stroke; subjective well-being; elderly.