

# HOT Evidence

## Psychosocial Interventions for Adults with Traumatic Brain Injury

### Why This Matters

- ▶ The increased prevalence of psychological problems in people with TBI, including depression, anxiety, suicidal ideation, substance abuse, sleep disorders, and posttraumatic stress disorder, highlight the need for appropriate and empirically-based interventions.
- ▶ Occupational therapy practitioners have knowledge, skills and training in assessing and treating psychological impairments to improve occupational performance following TBI.

### Interventions to Improve Psychosocial Outcomes

#### Cognitive Behavioral Therapy

1:1 CBT sessions or smaller groups including:



Cognitive restructuring



Identifying negative thoughts



Developing new coping skills

#### Goal-Directed Interventions



Collaborative goal setting



One-to-one goal directed sessions



Group interventions

#### Physical Activity



Exercise in isolation



Exercise in combination with education on lifestyle/health improvement



Exercise as part of lifestyle improvement

#### Educational Interventions



Instruction-based rehabilitation completed individually



Group therapy

### Find the Evidence

Visit <https://research.ota.org> to review the **Systematic Review Briefs** on this topic