



**Pain and chronic mild traumatic brain injury in the US military population:
a Chronic Effects of Neurotrauma Consortium study**

Purpose

To describe the relationship between mTBI and pain intensity and pain interference in a sample of Veterans and Service Members of the Iraq and Afghanistan wars.

Participants

Service Members and Veterans (N=454) from the Iraq and Afghanistan wars who were involved in combat and experienced or did not experience an mTBI.

How was the study conducted?

The effects of mTBI on pain intensity and pain interference were compared between participants with and without mTBI using these statistical methods: structural equational modeling and covariate-adjusted regression analyses.

Findings

History of mTBI was strongly, but indirectly associated with pain intensity and pain interference, through its effects on posttraumatic stress disorder, depression, anxiety, and sleep problems.

Military Impact

To better treat Veterans and Service Members with mTBIs who also experience pain, it may be important to address mental health and sleep problems.

Hoot, M. R., Levin, H. S., Smith, A. N., Goldberg, G., Wilde, E. A., Walker, W. C., ... & Pugh, N. L. (2018). Pain and chronic mild traumatic brain injury in the US military population: a Chronic Effects of Neurotrauma Consortium study. Brain Injury, 1-9.