



## Key Points Summary

Merritt, V. C., Jurick, S. M., Crocker, L. D., Sullan, M. J., Sakamoto, M. S., Davey, D. K., Hoffman, S. N., Keller, A. V., & Jak, A. J. (2020). Associations between multiple remote mild TBIs and objective neuropsychological functioning and subjective symptoms in combat-exposed veterans. *Archives of Clinical Neuropsychology*, 35(5), 491-505. doi:10.1093/arclin/acia006

### Primary Question this Study Addresses

In combat-exposed Veterans, is sustaining three or more mild traumatic brain injuries (mTBIs) associated with worse objective and subjective clinical outcomes?

### Study Findings That Add to Our Knowledge

Veterans with 3+ mTBIs did not differ from those with either 0 or 1-2 mTBIs on objective measures of attention, working memory, executive functioning, memory, and processing speed.

Veterans with 3+ mTBIs self-reported more severe neurobehavioral symptoms, sleep difficulties, and pain compared to those with 0 and 1-2 mTBIs.

### How Study Evidence Might Be Used in Practice

Veterans with three or more remote mTBIs report greater levels of neurobehavioral, sleep and pain symptoms.

Clinicians should be aware that Veterans with 3+ mTBIs may especially benefit from tailored treatments aimed at improving specific neurobehavioral, sleep, and pain symptoms.

For more information on managing mTBI symptoms, visit...

 [Resource](#)

To access the study abstract, click here:

 [Abstract](#)

This work was supported by the Assistant Secretary of Defense for Health Affairs endorsed by the Department of Defense, through the Psychological Health/Traumatic Brain Injury Research Program Long-Term Impact of Military-Relevant Brain Injury Consortium (LIMBIC) Award/W81XWH-18-PH/TBIRP-LIMBIC under Awards No. W81XWH1920067 and W81XWH-13-2-0095, and by the U.S. Department of Veterans Affairs Awards No. I01 CX002097, I01 CX002096, I01 HX003155, I01 RX003444, I01 RX003443, I01 RX003442, I01 CX001135, I01 CX001246, I01 RX001774, I01 RX 001135, I01 RX 002076, I01 RX 001880, I01 RX 002172, I01 RX 002173, I01 RX 002171, I01 RX 002174, and I01 RX 002170.