



Key Points Summary

Ord, A. S., Lad, S. S., Shura, R. D., Rowland, J. A., Taber, K. H., & Martindale, S. L. (2020). Pain interference and quality of life in combat veterans: Examining the roles of posttraumatic stress disorder, traumatic brain injury, and sleep quality. *Rehabilitation Psychology*. doi:10.1037/rep0000333

Primary Question this Study Addresses

For combat Veterans, does posttraumatic stress disorder (PTSD), traumatic brain injury (TBI), and poor sleep quality lead to greater pain interference and lower quality of life?

Study Findings That Add to Our Knowledge

Greater PTSD symptom severity, a deployment TBI history, and poorer sleep quality was associated with greater pain interference.

Greater PTSD symptom severity and poorer sleep quality was also associated with lower quality of life.

There was no association between TBI severity and quality of life.

How Study Evidence Might Be Used in Practice

PTSD symptom severity, deployment TBI history, and sleep quality are important factors related to pain interference and quality of life post-deployment Veterans.

For Veterans experiencing chronic pain, PTSD, and sleep problems, clinicians may consider incorporating a team-based treatment approach that facilitates communication and addresses all three health issues.

For more information on treating pain, visit:

 [Resource](#)

To access the study abstract, click here:

 [Abstract](#)

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