



Key Points Summary

Bouldin, E. D., Swan, A. A., Norman, R. S., Tate, D. F., Tumminello, C., Amuan, M. E., Eapen, B. C., Wang, C. P., Trevino, A., & Pugh, M. J. (2020). Health phenotypes and neurobehavioral symptom severity among post-9/11 veterans with mild traumatic brain injury. *Journal of Head Trauma Rehabilitation*, Publish Ahead of Print. doi:10.1097/htr.0000000000000574

Primary Question this Study Addresses

In post-9/11 Veterans with mild traumatic brain injury (mTBI), is health phenotype classification associated with severity of neurobehavioral symptoms?

Study Findings That Add to Our Knowledge

Veterans classified as moderately healthy phenotype had the lowest neurobehavioral symptom rates while the polytrauma phenotype group had the highest rate, reporting three times the rate of the moderately healthy group.

Compared with the moderately healthy phenotype group, Veterans in the three other phenotype groups were more likely to report that symptoms substantially interfered with their daily lives.

How Study Evidence Might Be Used in Practice

In Veterans with mTBI, neurobehavioral symptom severity and interference with daily life varied by health phenotype with the polytrauma group having the most severe symptoms and interference.

Clinical management focused on improving severe symptoms, particularly in the affective domain, could improve health trajectories following mTBI.

For more information on managing mTBI, visit:

 [Resource](#)

To access the study abstract, click here:

 [Abstract](#)

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