



The Relationship Between TBI and Pain

Examining the Role of Mild TBI
in Veterans' Pain Intensity

This study examined the effects of mild Traumatic Brain Injury (concussion) on Veterans' pain intensity and pain interfering with activities. Here are the main findings:

- ★ Veterans with concussions spent more weeks in combat, had more uncontrolled blast exposures, and had more body injuries, arthritis, PTSD, depression, anxiety, and sleep problems than those without concussions.
- ★ Body injuries, arthritis, age, PTSD, depression, anxiety and sleep problems cause more pain interference with activities. Number of concussions, gender, exposure to blast and weeks in combat did not cause pain interference.

Take Home: While Veterans with TBI often have multiple difficulties that worsen pain intensity, the number and cause of TBIs did not affect that intensity.



For more information on CENC, visit:

<http://www.cencstudy.org>

Reference:

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.