

FOR IMMEDIATE RELEASE
March 16, 2015

CONTACT: Cynthia Overton
(202) 403–5058
coverton@air.org

NEW ONLINE RESOURCES HELP PEOPLE WITH TRAUMATIC BRAIN INJURY UNDERSTAND AND ADDRESS DEPRESSION

WASHINGTON, DC—New free online resources to help people with traumatic brain injury (TBI) understand and address depression are available to the public on the federally-funded [Model Systems Knowledge Translation Center \(MSKTC\)](#) website.

The MSKTC [Traumatic Brain Injury and Depression hot topic module](#) consists of a suite of free resources— including videos, fact sheets and slideshows— that help people with traumatic brain injuries recognize signs of depression and identify treatment options. One focus of the MSKTC is to make traumatic brain injury research findings meaningful and useful to the public.

“Depression has been known to be a frequent finding among people who have sustained TBI, regardless of severity of the injury” said Naomi Lynn Gerber, MD, co-principal investigator of the MSKTC and Professor with the Center for the Study of Chronic Illness and Disability at George Mason University. “Our new Hot Topic Module explains depression after TBI and presents treatment options to address this concern.”

The module includes a fact sheet and slideshow that explore living with depression. It also links to resources on related issues, such as emotional problems and fatigue after TBI. The featured video and brief video clips share information about why people experience depression after TBI, how it can impact daily living, and different treatment options. The [main video](#) features Brandon Blake and Michele Kauffman, who share experiences with depression following a TBI. Both received treatment from experts at the University of Washington Medical Center, home of the University of Washington Traumatic Brain Injury Model System.

“Research suggests that more than half of the people hospitalized for moderate to severe TBI will go through a depressive episode within the first year and more than one-third will have persistent depression. Depression is under-treated and probably also under-recognized,” said Charles Bombardier, PhD, a psychologist at the University of Washington Traumatic Brain Injury Model System. “This hot topic module helps people with TBI and their supporters understand this condition.”

All resources in the hot topic module are based on Traumatic Brain Injury Model Systems research. Traumatic Brain Injury Model Systems are funded by the National Institute on Disability and Rehabilitation Research (NIDRR) and provide the highest level of comprehensive and multidisciplinary care, including emergency medical, acute medical and post-acute services. In addition to providing direct services, these centers play a pivotal role in building a national capacity for high-quality treatment and research serving persons with TBI, their families, and their communities.

The MSKTC is operated by the American Institutes for Research (AIR) in collaboration with WETA and George Mason University under a grant from NIDRR.

Visit <http://www.msktc.org/tbi/Hot-Topics/Depression> to learn more.

About the Model Systems Knowledge Translation Center

The Model Systems Knowledge Translation Center (MSKTC) is a national Center that supports the Model Systems programs in meeting the information needs of individuals with spinal cord injury (SCI), traumatic brain injury (TBI), and burn injury by summarizing research, identifying health information needs, and developing and disseminating information resources. The MSKTC is funded by the National Institute on Disability and Rehabilitation Research (NIDRR). Model Systems are funded by NIDRR to conduct innovative and high-quality research, provide patient care, and offer services to improve the health and overall quality of life of individuals with SCI, TBI, and burn injury. For more information, visit www.MSKTC.org.

###