

2024-2025 ROVINSKY FAMILY LECTURESHIP SERIES

Wednesday, December 11th, 2024 | 12:00 – 1:00 pm EST | Live Webinar

MORE THAN JUST A HEADACHE: UNDERSTANDING THE SOCIAL AND EMOTIONAL SYMPTOMS OF CONCUSSION

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PROGRAM DESCRIPTION:

This presentation will focus on the emotional symptoms and social impact of concussion in children and adults. Approximately 28% of adults report experiencing a concussion but half of those individuals do not seek treatment (Daugherty et al, 2020, Womack et al., 2022). Symptoms last more than 3 months for up to 15-20% of individuals (Doroszkiewicz et al, 2021). Mental health difficulties are common after concussion with newly diagnosed anxiety and depression emerging in the weeks after the initial injury (Gornall, et al., 2021, Izzy et al., 2021). Many adults are aware of the most common symptoms of headache and dizziness but few can identify the cognitive, emotional, or somatic symptoms (Waltzman & Daugherty, 2018). Brief explanation will be provided of the biomechanics of concussion, demographic risk factors, and outcomes for the 1 to 4 million people each year who experience concussion in the US. The intent of this presentation is to increase understanding of the frequency with which social/emotional symptoms emerge after head injury, the types of symptoms that individuals experience, and how the symptoms impact quality of life. This presentation will also introduce evidence based interventions to support recovery.

EDUCATIONAL OBJECTIVES

Based on the presentation, the participants will be able to:

- Explain the cascade of symptoms that emerge after a concussion injury
- Describe the symptoms related to emotion and the role that emotion plays in recovery.
- Compare the risk for worse emotional outcomes after head injury across diverse populations

SUGGESTED READINGS

- Daugherty, J., DePadilla, L., Sarmiento, K., & Breiding, M. J. (2020). Self-reported lifetime concussion among adults: Comparison of 3 different survey questions. *The Journal of Head Trauma Rehabilitation, 35*(2), E136–E143. <https://doi.org/10.1097/HTR.0000000000000534>
- Doroszkiewicz, C., Gold, D., Green, R., Tartaglia, M. C., Ma, J., & Tator, C. H. (2021). Anxiety, depression, and quality of life: A long-term follow-up study of patients with persisting concussion symptoms. *Journal of Neurotrauma, 38*(4), 493–505. <https://doi.org/10.1089/neu.2020.7313>
- Gornall, A., Takagi, M., Morawakage, T., Liu, X., & Anderson, V. (2021). Mental health after pediatric concussion: a systematic review and meta-analysis. *British Journal of Sports Medicine, 55*(18), 1048–1058. <https://doi.org/10.1136/bjsports-2020-103548>
- Izzy, S., Tahir, Z., Grashow, R., Cote, D. J., Jarrah, A. A., Dhand, A., Taylor, H., Whalen, M., Nathan, D. M., Miller, K. K., Speizer, F., Baggish, A., Weisskopf, M. G., & Zafonte, R. (2021). Concussion and risk of chronic medical and behavioral health comorbidities. *Journal of Neurotrauma, 38*(13), 1834–1841. <https://doi.org/10.1089/neu.2020.7484>
- Waltzman, D., Daugherty, J. (2018). Concussion knowledge and experience among a sample of American adults. *Journal of Concussion, 2*;1-11. doi: 10.1177/2059700218769218.
- Womack, L. S., Breiding, M. J., & Daugherty, J. (2022). Concussion evaluation patterns among US adults. *The Journal of Head Trauma Rehabilitation, 37*(5), 303–310. <https://doi.org/10.1097/HTR.0000000000000756>

ABOUT THE PRESENTER

Dr. Clair is an associate professor of clinical psychology at Philadelphia College of Osteopathic Medicine. She is a licensed psychologist with clinical experience in neuropsychology and school psychology. She completed a predoctoral internship in neuropsychology at Kessler Institute for Rehabilitation. Her postdoctoral fellowship at RSM Psychology and Sports Concussion Center focused on neuropsychology across the lifespan, concussion recovery, and mental health for children and adults. Her previous academic position was the chair of the Department of Psychology and Social Work at Cabrini University. She has also worked at both public and private K-12 schools. Dr. Clair's research interests fall broadly within health-related quality of life. She is interested in the interplay between health, development, mindset, and social factors. Her work addresses topics such as pediatric quality of life during concussion recovery, understanding of concussion risks and symptoms, impact of social isolation on stress and health, impact of mindset on learning, and coping in the face of stressors and trauma.



CRITERIA FOR EARNING CE

Full attendance is required to receive CE credit for each session. No partial credits are available. All participants must sign an attestation regarding attendance and indicate the type of CE credit they require through a link which will be provided following the session. At the conclusion of each session participants will be provided an additional link to complete an evaluation survey; we request that you take a few minutes to anonymously provide feedback. Co-sponsored by Philadelphia College of Osteopathic Medicine.



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Target Audience: Doctoral Level Psychologists and Other Mental Health Professionals
Level of Instruction: Intermediate
Number of CE Credits Offered: 1 CE credit
Cost: \$15

