

Volunteers Needed!

Looking for:

Volunteers (18-55 years of age) who have sustained a concussion(s) and are experiencing ongoing symptoms - to participate in a research study evaluating the use of **Cognitive Behaviour Therapy (CBT) delivered via telephone**. The study looks at whether CBT can effectively assist with symptom management and how we can best help people to maintain the benefits of therapy.

Who can participate?

Eligible participants should:

- Not be currently receiving talk-therapy,
- speak English fluently (but does not have to be first language),
- have post-concussive symptoms that have endured for at least 3 months from the most recent concussion that are persisting at the present time

What would I have to do?

Participation will include a brief telephone screening interview and neuropsychological evaluation to determine eligibility. If eligible, you will be provided with either **(A)** 8 CBT sessions or **(B)** 8 Education sessions about concussion followed by 8 CBT sessions. You will also be provided with booster sessions to ensure maintenance of learned skills.

Where?

The majority of the intervention would be delivered over telephone in the comfort of your home with only up to 3 in-person sessions at Toronto Rehab required.

Through participation, you will receive free therapy for symptoms of low mood, anxiety, and general distress using a treatment that has been proven to be effective.

Who to contact for more information?

Study coordinator at 416-597-3422 x 7873

Principal Investigator

Dr. Robin Green, TRI

Tele-therapy study:
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