| Medical Factors: Pre-existing/ concurrent medical conditions or post-injury symptoms that are associated with poor outcomes post mTBI | • History of previous traumatic brain injury  
• History of previous physical limitations  
• History of previous neurological or psychiatric problems  
• Skull fracture  
• Early onset of pain and in particular headache within 24 hours after injury  
• Confounding effects of other health-related issues, e.g., pain medications, disabling effects of associated injuries, emotional distress  
• Anxiety  
• High number of symptoms reported early after injury i.e., high score on the Rivermead or Post Concussion Symptom Questionnaire  
  - Vestibular/vestibular-ocular abnormalities  
  - Pre-injury sleep disturbance or post-injury changes  
  - Reduced balance or dizziness  
  - Nausea after injury  
  - Memory problems after injury  
  - Post-traumatic amnesia (PTA) |
| Contextual Factors: Personal, psychosocial, or environmental factors that may negatively influence recovery post mTBI | • Injury sustained in a motor vehicle accident  
• Potential influence of secondary gain issues related to Litigation and compensation  
• Not returning to work or significant delays in returning to work following the injury  
• Being a student  
• Presence of life stressors at the time of injury  
• Higher levels of symptoms reporting is associated with mood symptoms and heightened self-awareness of deficits  
• Older age  
• Lack of social supports |
- Lower education/ low social economic status
- Female gender
- Lower Resilience
- Returning to a contact/risk of contact sport activity