

Table 1.1. Risk Factors Influencing Recovery Post mTBI

<p><u>Medical Factors:</u> Pre-existing/ concurrent medical conditions or post-injury symptoms that are associated with poor outcomes post mTBI</p>	<ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> - 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)
<p><u>Contextual Factors:</u> Personal, psychosocial, or environmental factors that may negatively influence recovery post mTBI</p>	<ul style="list-style-type: none"> • 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

	<ul style="list-style-type: none">• Lower education/ low social economic status• Female gender• Lower Resilience• Returning to a contact/risk of contact sport activity
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