

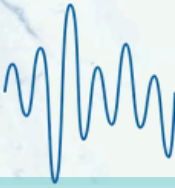
2024-2025 ROVINSKY FAMILY LECTURESHIP SERIES

Wednesday, FEBRUARY 26, 2025 | 12:00 – 1:00 pm EST | Live Webinar

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

Ruta Clair, PsyD

Associate Professor, Department of Clinical Psychology
Philadelphia College of Osteopathic Medicine



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.



PSYCHOLOGISTS: Philadelphia College of Osteopathic Medicine’s School of Professional and Applied Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. Philadelphia College of Osteopathic Medicine, School of Professional & Applied Psychology maintains responsibility for this program and its content.



CERTIFIED COUNSELORS: Philadelphia College of Osteopathic Medicine, School of Professional and Applied Psychology has been approved by NBCC as an Approved Continuing Education Provider, ACEP No.5672. Programs that do not qualify for NBCC credit are clearly identified. Philadelphia College of Osteopathic Medicine, School of Professional and Applied Psychology is solely responsible for all aspects of the programs.

LICENSED SOCIAL WORKERS: Philadelphia College of Osteopathic Medicine, School of Professional and Applied Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. The Philadelphia College of Osteopathic Medicine, School of Professional and Applied Psychology maintains responsibility for this program and its content. The Pennsylvania Board of Social Work Examiners recognizes and accepts the psychology continuing education hours/credits for social workers. However, all social workers are responsible for checking with their Board. After successfully meeting the criteria for earning CE’s, social workers will receive the Certificate of Attendance.

Unless otherwise specified in the program promotional materials, there is no commercial support interest to the sponsor, instructors, content of instruction or any other relationship that could be construed as a conflict of interest. For any program where a fee is charged, there is a Refund/Cancellation Policy.

REFUND/CANCELLATION POLICY: For any program that has a fee attached, the School of Professional and Applied Psychology requires that notification of cancellation be made no later than three business days before the day of the program. Full refunds are available for notifications for programs with fees that are made within three business days prior to the day of the event. For all other cancellations, a credit will be issued for a future PCOM CE program Further information about the Refund/Cancellation Policy and any other questions may be obtained by contacting the Coordinator of Continuing Education, PCOM School of Professional and Applied Psychology, at SPAP-CE@pcom.edu.

Unless otherwise specified in the program promotional materials, there is no commercial support interest to the sponsor, instructors, content of instruction or any other relationship that could be construed as a conflict of interest. For any program where a fee is charged, there is a Refund/Cancellation Policy.



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

