



# Resources and References for the DCoE February 2015 Traumatic Brain Injury Webinar

## Stress and Anxiety Following TBI

### Resources

The Defense Centers of Excellence for Psychological Health & Traumatic Brain Injury (DCoE) developed the “[Complementary and Alternative Medicines \(CAM\) Modalities and Interventions](#)” fact sheet which includes classifications of CAM modalities and their clinical use in Veterans Affairs and the Military Health System.

The [Defense and Veterans Brain Injury Center \(DVBIC\)](#) offers the following Fact Sheets to educate individuals on how to manage conditions related to head injury:

- [Changes in Behavior, Personality or Mood](#)
- [Concussion/Mild Traumatic Brain Injury and Posttraumatic Stress Disorder](#)

The [Beck Anxiety Inventory®](#) is a 21-item measure of subjective, somatic or panic-related symptoms of anxiety.

The [Hamilton Anxiety Rating Scale](#) is a 14-item interview scale to assess the severity of a patient's anxiety, including anxious mood, tension, fears, insomnia, somatic complaints and behavior.

The [National Institutes of Health National Center for Complementary and Integrative Health](#) defines, through rigorous scientific investigation, the usefulness and safety of complementary and alternative medicine interventions and their roles in improving health and health care.

The [National Center for Telehealth and Technology \(T2\)](#), a component center of DCoE, developed [Breathe2Relax](#), a mobile application for stress management. [Concussion Coach](#) also includes tools and relaxation exercises for managing symptoms associated with TBI.

The [National Institute of Mental Health](#) has published the pamphlet “[Generalized Anxiety Disorder: When Worry Gets Out of Control.](#)”

The “[VA/DoD Clinical Practice Guideline for Management of Concussion/Mild Traumatic Brain Injury](#)” and the “[VA/DoD Clinical Practice Guideline for Management of Post-Traumatic Stress](#)” provide evidence-based recommendations to support clinical decision making.



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