

Quality of Life of Individuals with TBI and Difficulty with Self-Monitoring and Problem Solving

Student Investigator: Audrey Allison

Mentor: Julie Gatts

The purpose of this study is to determine if individuals with traumatic brain injury (TBI), who perceive themselves as having difficulty with self-monitoring and problem solving in social settings, have a lower quality of life than those who do not. It is believed that individuals with TBI that have difficulty with self monitoring and problem solving will score lower on a quality of life scale than those who do not. The participants all had TBI and had been participating in community reintegration programs. All of which were at least one year post TBI. Age, gender, and race were not included in this study. A survey with two parts was given to the participants either through their case managers or through their speech-language interventionist. The first was a survey on social interactions, self monitoring, and problem solving, and the second was a quality of life survey titled, "Internet Mental Health Quality of Life Survey." Thirty surveys were given to the case managers and clinicians. Five of the thirty surveys were completed and sent back. Of the 5 participants, 2 were less than 10 years post TBI and 3 were more than 10 years post TBI. The participants did show a pattern that with the fewer amount of people they see on a day to day basis, the lower they scored themselves on their ability to problem solving and self monitoring in social situations. Those that also showed lower scores were less than 10 years post TBI.