

Researchers study factors affecting self-reporting among people with TBI

February 26 2014

West Orange, NJ. February 26, 2014. Kessler Foundation researchers have found that among individuals with TBI, depression and self-awareness affect subjective reports of memory, quality of life (QOL), and satisfaction with life. The study was published in the February 2014 issue of *Brain Injury*.

Impairment in self-awareness (the ability to accurately recognize one's own abilities and limitations) often occurs after TBI. Intact self-awareness would result in accurate self-reports; however, intact self-awareness can also be associated with depressive symptoms. This is the first study to examine the complex relationship between self-awareness and [depression](#), while also accounting for the self-reporting of well being and QoL by individuals with TBI.

Researchers studied 30 community-based adults with TBI of at least one-year duration. Testing included the Awareness Questionnaire, Health Status Questionnaire (SF-12), Satisfaction with Life Scale (SWLS), Memory Functioning Questionnaire (MFQ), and the Chicago Multiscale Depression Inventory (CMDI).

"Our findings help answer the question: What abilities must be considered when interpreting responses on a self-report questionnaire?" explained Nancy Chiaravalloti, PhD, director of TBI Research at Kessler Foundation, and project director, Northern NJ TBI System. "These results showed first that higher levels of self-awareness are associated with poorer QoL, reports of poor memory performance and better

strategy use; and also that [symptoms of depression](#) are significantly associated with self-reports of QoL and Satisfaction with life (greater depression associated with lower QoL and lower satisfaction)," reported Dr. Chiaravalloti. "Because of this impact of [depressive symptoms](#), it is very important to diagnose and treat depression in rehabilitation and develop comprehensive treatment plans for individuals with TBI."

More information: *Brain Injury* [DOI: 10.3109/02699052.2013.860474](#)

Provided by Kessler Foundation

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