

## **UNIVERSITY OF WASHINGTON STUDY: (LIFT) Life Improvement Following Traumatic Brain Injury**

After a Traumatic Brain Injury (TBI), many people experience symptoms including low **mood**, poor **energy**, loss of **interest** in usual activities, and changes in **appetite** and **sleep**. LIFT uses a particular approach to education and counseling, called **Cognitive Behavioral Therapy** (CBT). This type of counseling has been used to effectively treat these symptoms with people who have not had a brain injury. LIFT is investigating whether these same strategies can also help people who have had a TBI. Researchers hope to find out if counseling can help people with a TBI get back to activities they enjoy, develop positive mental habits, and improve overall quality of life. Eligible participants will be enrolled in the study for 16 weeks, with a follow-up phone call 8 weeks later. Participants may receive 12 sessions of in-person CBT at Harborview or UW Medical Center or 12 sessions of telephone CBT. A third group of participants will not receive counseling from the study. Participants will be paid up to **\$100** for their time and participation. For questions about LIFT, or to be considered for this study, please contact **Kenneth Marshall** at **(206) 744-3609** or **1-866-577-1925**.

For more information about this study please visit:

[http://www.medical.washington.edu/studies/study\\_details.asp?study=32403](http://www.medical.washington.edu/studies/study_details.asp?study=32403)

**NOTE:** We can enroll only individuals who reside in **Washington, Alaska, Montana,** and **Idaho** States

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