

# Trouble with day-to-day thinking?

## Seeking CAF Veterans with Mild Traumatic Brain Injury for a Rehabilitation Study

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### What is this study about?

The aim of this research study is to determine whether individual therapy, delivered over Zoom, focussed on reducing day-to-day thinking challenges caused by your mTBI is better than the usual educational material provided to those with mild traumatic brain injury (also called concussion).

### Why Participate?

Results of this study will help us determine if this new intervention is better than education for CAF veterans with mild TBI and day-to-day thinking challenges. The intervention will be free of charge, and veterans can participate from their own home.

### Who can Participate?

We are seeking CAF veterans who:

- Have a history of mild TBI
- Are age 18 years or older
- Self-identify as a native English speaker
- Have no previous history of a diagnosis of a neurological disorder affecting thinking (e.g., dementia)
- Can access an electronic device with internet access and capability for Zoom videoconferencing
- **Are able to participate in 3 one-hour sessions per week for 4 weeks**
- Are not in active behavioural treatment for a substance-use or mental-health disorder, or in cognitive rehabilitation provided by a registered health professional (e.g., speech-language pathologist or occupational therapist).

If you meet the criteria above and are interested in participating, please email us at:

[talklab@mcmaster.ca](mailto:talklab@mcmaster.ca)

