



TRAUMATIC BRAIN INJURY

Inside the Injured Brain



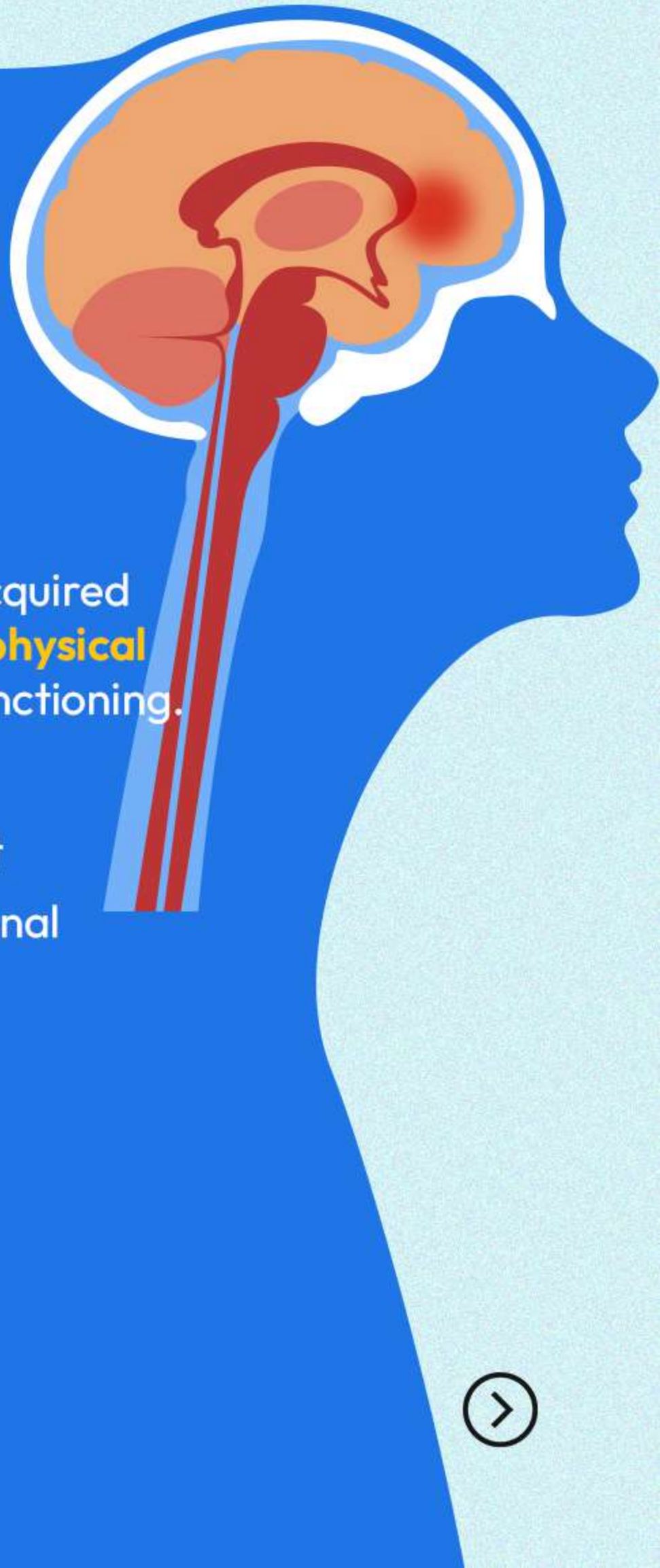
What is Traumatic Brain Injury (TBI)?

Traumatic Brain Injury (TBI) is an acquired brain injury caused by an **external physical force** that disrupts normal brain functioning.

- Not congenital or degenerative
- Can be temporary or permanent
- Major cause of cognitive, emotional & behavioural changes

Common causes:

- Road traffic accidents
- Falls
- Sports injuries
- Violence or assault



Types & Severity of TBI

Based on Severity

- **Mild TBI:**
Concussion,
brief confusion
- **Moderate TBI:**
Loss of
consciousness
(minutes–hours)
- **Severe TBI:**
Prolonged
unconsciousness
coma

Based on Injury Type



Closed head injury:
Brain movement
within the skull

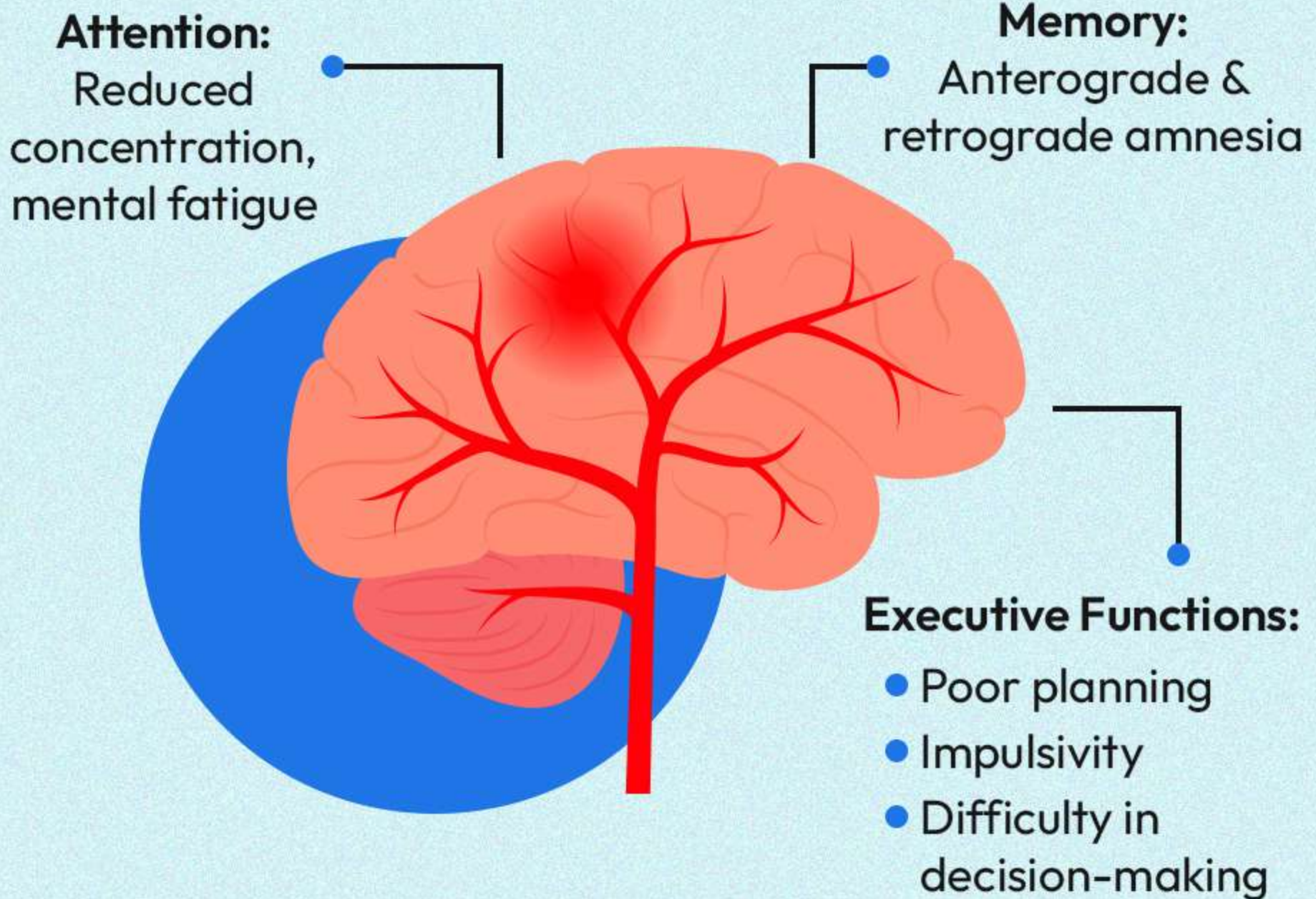


Open (penetrating) injury:
Object enters brain tissue



Cognitive Effects of TBI

TBI significantly affects **higher mental processes**:



Frontal lobe damage → impaired executive control

Temporal lobe damage → memory & language problems



Emotional & Behavioural Changes

TBI often leads to **personality and emotional regulation issues:**

Emotional symptoms:



Depression



Anxiety



Emotional lability



Apathy

Behavioural symptoms:



Aggression



Socially
inappropriate
behaviour



Disinhibition



Psychological Disorders Associated with TBI

TBI increases vulnerability to:



Mood Disorders
(Major
Depression)



**Anxiety
Disorders**



PTSD
(especially in
accident survivors)



**Neurocognitive
Disorder due to
TBI (DSM-5)**

DSM-5 classifies severe cognitive decline after TBI as a **Major Neurocognitive Disorder**.



Rehabilitation & Psychological Intervention



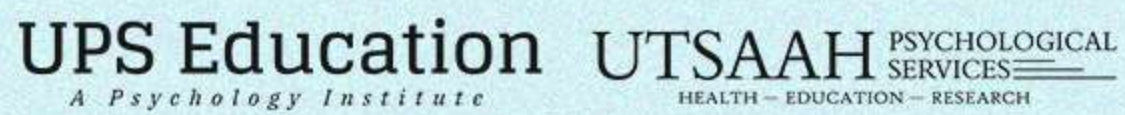
Cognitive Rehabilitation:

- Memory training
- Attention restoration
- Problem-solving therapy

Psychotherapy:

- CBT for emotional distress
- Psychoeducation for patient & family





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