

# Quick Review of Model System Research

## Perceived Care Partner Burden at 1-Year Post-Injury and Associations with Emotional Awareness, Functioning, and Empathy after TBI: A TBI Model Systems Study

### What is the study about?

This study looked at the emotional awareness, emotional function, and empathy of individuals with TBI in relation to care partner burden one year after injury.

### What did the study find?

The study found that 77% of care partners were female with most either being a spouse or parent. The study also found that high levels of hostility and low emotional self-awareness in individuals with TBI are highly associated with care partner burden.

### Who participated in the study?

Participants in the study were 90 individuals with moderate to severe TBI and their care partners.

### How was the study conducted?

This study was a multisite, cross-sectional, observational study. It collected TBI data from multiple sites at a specific point in time and, from that data, obtained information on emotional characteristics.

### How can people use the results?

Research has shown that issues such as hostility or poor emotional insight are common after TBI, but can be improved with appropriate therapies. Care-partners of individuals with TBI who have these types of problems might consider discussing treatment options with rehabilitation professionals. In the meanwhile, it can help to keep in mind that acts of hostility or lack of emotional expression from their loved is a consequence of the injury, and not necessarily something to take personally. Also, care-partners of these individuals should be proactive in their own mental health – surrounding themselves with emotional support from other family, friends or support groups, as well as making arrangements for respite care when breaks are needed.

### Reference

Klyce, D. W., Merced, K., Erickson, A., Neumann, D., Hammond, F. M., Sander, A. M., Bogner, J., Bushnik, T., Chung, J., & Finn, J. A. (2023). Perceived care partner burden at 1-year post-injury and associations with emotional awareness, functioning, and empathy after TBI: A TBI model systems study. *NeuroRehabilitation*, 52(1), 59–69. <https://doi.org/10.3233/nre-220128>

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