**Table 5: Summary of studies assessing effectiveness of psychological interventions**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Study** | **Total N =**  | **Intervention participant characteristics** | **Control participant characteristics** | **Intervention vs. control** | **Result of intervention on primary outcome** | **Overall Attrition** | **SIGN internal validity *bias* rating** |
| 36, USA | 58 | N = 29Mean age 43.35%male 72 | N = 29Mean age 49.35%male 66 | Single 1 hour CBT informed session with therapist, post session quiz and manual to take home, vs. meeting with “regular nurse”, discharge, and period of rest. | Treatment arm reported **significantly shorter symptom duration and fewer** symptoms at 6 months on structured symptom checklist cf. controls. | % unknown | Moderate risk |
| 37, USA | 366\* | N = 168\*Mean age 33%male 66 | N = 193\*Mean age 32 %male 64 | 0-5 telephone counselling sessions delivered over 3 months in addition to MTBI educational booklet and call-in number vs. standard emergency care +/- an educational booklet and call in number^ | **Significant improvement on symptom composite scores^^** in treatment group at 6 months cf. control**, but not on general health composite^^** c.f. controls. | 14.5 % | Low risk |
| 38, Netherlands | 84 | N = 39Mean age 38.8%male 53.5 | N = 45Mean age 43.7%male 51.4 | 5 CBT sessions, vs control 5 telephone counselling sessions | **Return to work no different** in intervention cf. controls. | 12.5 %  | Low Risk |
| 39, USA (Military) | 356 | N = 178Mean age 29%male 93 | N = 178Mean age 29 %male 93 | 12 biweekly problem solving therapy telephone calls and 12 psychoeducational brochures vs 12 psychoeducational brochures | Intervention group improved at 6 months on BSI-18 GSI, but not RPQ, but **no effect at 12 months** | 16 % | Low risk |

Legend. \* in this study, 5 participants after being randomised were later found to be ineligible. ^ There was originally 3 arms of this study- 1) standard emergency care (SEC), 2) SEC+ educational booklet and call in number, and 3) SEC+ educational booklet + call in number + telephone counselling. After 6 months the arm 2 was discontinued and incorporated into the arm 1). ^^ *Symptom composite scores* included: number of new or worse symptoms on Head Injury Symptom Checklist, and functional areas impacted. *General health composite scores* included: SF-12 Short Form Health survey-12; PQOL modified Perceived Quality Of Life; PHQ Patient Health Questionnaire Depression and Anxiety, and questions on change in role performance and participation in community activities. BSI-18: brief symptoms inventory-18 Global Severity Score, RPQ : RPQ Rivermead Post-concussion Questionnaire