

Traumatic Brain Injury Fact Sheet

Behavioral problems associated with a brain injury are an all-too-common result of trauma to the brain. Consider the following:

- Behavioral problems can range from mild personality changes or periods of disorientation to persistent difficulties controlling emotions, lack of inhibition, and managing one's behavior.
- Behavioral problems following a brain injury are often identified as the primary reason for marital discord, problems with other social relationships, family difficulties, and school or workplace problems.
- Most behavioral problems after brain injury arise as a result of damage to the frontal lobe, an area of the brain responsible for "executive functions." Executive functions include organization, planning, creating, evaluating, reasoning, communicating, and problem-solving skills.
- Individuals with a brain injury may have difficulty remembering the steps to an activity or task, resulting in frustration or agitation.
- Because behaviors resulting from a mild brain injury are less easily identified, individuals with a mild brain injury are less likely to receive treatment.
- Finding the right services or programs is a crucial element of the recovery process.¹

References

1. McMorrow, Martin J. M.S. 2007. Behavioral challenges after traumatic brain injury. Brain Injury Association of America. http://www.biausa.org/elements/pdfs/awareness/behavioral_challenges.pdf.