Algorithm 8.1
Assessment and Management of Mental Health Disorders Following concussion/mTBI

Assessment
Assess for:
• Depressive disorders (see Appendix 8.1)
• Anxiety disorders (see Appendix 8.2)
• Post-traumatic stress disorder (see Appendices 8.3 and 8.4)
• Substance use disorders (see Appendix 8.5)
• Other conditions that may require specific attention/management (refer to narrative in Section 8)

Based on the screening scales, determine the severity of any persistent mental health disorders.

If Mild/Moderate
Consider management by local PCP.

Non-Pharmacological Treatment
General Measures:
• Support and psychoeducation re: proper sleep hygiene; regular social and physical activity
Psychosocial Interventions
Evidence-Based Psychotherapy:
• Cognitive behavioural therapy (CBT); trauma-focused therapy for PTSD
Other Psychotherapy Interventions:
• Depending on availability

Was the treatment successful?
No
Yes

Pharmacological Treatment **
Anxiety/Mood Disorders
1st Line: SSRI
2nd Line: SNRI, mirtazepine, TCA
PTSD
1st Line: SSRI
2nd Line: SNRI (venlafaxine)
PTSD and Sleep Disruption
Trazadone, mirtazapine, prazosin

Was the treatment successful?
No
Yes

Monitor symptoms and continue therapy.
Referral to a psychologist or psychiatrist.

If Severe
Consider referral to a psychologist or psychiatrist as required.

Non-Pharmacological Treatment
General Measures
Psychosocial Interventions
Evidence-Based Psychotherapy:
• CBT; trauma-focused therapy for PTSD
Other Psychotherapy Interventions:
• Depending on availability

** Medication Considerations
• Use caution to minimize potential adverse effects
• Begin therapy at lowest effective dose and titrate based on tolerability and response
• <1 medication change at a time
• Regular follow-ups are necessary

For a narrative description and guideline recommendations related to this algorithm, please refer to Section 8.