### Appendix F

Other Links/References for Resources to Consider

<table>
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<tr>
<th>Section 1: Diagnosis/Assessment of Concussion/mTBI</th>
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| **Ohio State University TBI Identification Method - Short Form**  
This tool is used to assess a patient's lifetime history of any previous TBI. It consists of a series of questions to be administered to the patient by a healthcare professional.  

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<th>Section 3: Sport-Related Concussion/mTBI</th>
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| **ImpACT (Immediate Post-Concussion Assessment and Cognitive Testing)**  
A computerized concussion evaluation system developed to assist qualified practitioners and provide useful information in making sound return-to-play decisions following concussions by measuring one's symptoms and cognition, such as verbal and visual memory, reaction time, processing speed, and impulse control. Also includes a self-report symptom checklist and concussion history questionnaire.  
[http://www.impacttest.com/products/?The-ImPACT-Test-2](http://www.impacttest.com/products/?The-ImPACT-Test-2) |
| **King-Devick Test for Concussions**  
A saccadic (quick, simultaneous eye movement) test measuring the speed of rapid-number naming, utilizing three test cards with a series of single-digit numbers that are read aloud from left to right.  
| **Recommendations for Assessment/Management of Non-Game High-Risk Sports:**  
American Association of Cheerleading Coaches and Administrators (AACCA) Concussion Management and Return-to-Play Protocol  
[https://www.aacca.org/content.aspx?item=Resources/concussions.xml](https://www.aacca.org/content.aspx?item=Resources/concussions.xml) |
| **Concussion in Gymnastics**  
| **Baseline Concussion Testing in Figure Skating**  

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<th>Section 6: Post-Traumatic Headache</th>
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| **Migraine Disability Assessment Questionnaire (MIDAS)**  
A 5-item self-report questionnaire which captures information on lost time from work for pay, housework, and leisure activities due to migraines in order to determine how severely migraines affect a patient's life.  
Section 7: Persistent Sleep-Wake Disturbances

**Insomnia Severity Index**
A brief 7-item self-report questionnaire that was designed to assess the severity, nature, and impact of both nighttime and daytime components of insomnia.


**Pittsburgh Sleep Quality Index**
A 10-item self-report questionnaire that is designed to measure sleep quality in clinical populations, and assess usual sleep habits during the past month. This scale generates seven “component” scores: subjective sleep quality, sleep latency, sleep duration, habitual sleep efficiency, sleep disturbances, use of sleeping medication, and daytime dysfunction. Items 1-4 inquire about the amount of sleep and responses are recorded in free-text boxes. Items 5-10 inquire about specific sleep behaviors and quality, which are rated on 4-point scale.


**For detailed information regarding specific classes of medications and their impact on/interactions with sleep, please refer to:**

Section 8: Persistent Mental Health Disorders

**Beck Anxiety Inventory (BAI)**
A 21-item multiple-choice self-report inventory that is used for measuring the severity of an individual’s anxiety. It can be used for screening, diagnosis, and monitoring of therapeutic progress in both inpatient and outpatient settings.


**Beck Depression Inventory (BDI-II)**
A 21-item multiple-choice self-report inventory that measures characteristic attitudes and symptoms of depression. It can be used for screening, diagnosis, and monitoring of therapeutic progress in both inpatient and outpatient settings. The BDI-II features new items that will bring it in line with current depression criteria of the Diagnostic and Statistical Manual of Mental Disorders - Fourth Edition (DSM-IV).


Section 9: Persistent Cognitive Difficulties

**Montreal Cognitive Assessment (MOCA)**
A screening tool for individuals with mild cognitive dysfunction. It assesses different cognitive domains: attention and concentration, executive functions, memory, language, visuospatial skills, conceptual thinking, calculations, and orientation.

Section 10: Persistent Vision and Vestibular (Balance/Dizziness) Dysfunction

**Balance Error Scoring System (BESS)**
A portable and objective method of assessing static postural stability. More specifically, the BESS can be used to assess the effects of traumatic brain injury on static postural stability. The BESS utilizes a combination of stances (feet in a narrow stance, preferably touching; single leg stance; and tandem stance) and footing surfaces (bare feet on the floor or a medium density foam surface).


**Links for Dix-Hallpike and Repositioning Maneuvre Video Demonstrations**
http://www.youtube.com/watch?v=kEM9p4EX1jk
http://www.youtube.com/watch?v=1-hsUU7MDqc
http://www.youtube.com/watch?v=RQV-oZ0baFM

**Brain Injury Vision Symptom Survey (BIVSS)**
A 28-item self-report vision symptom questionnaire, on symptoms such as dry eyes, depth perception, peripheral vision. This questionnaire may make it possible to identify different symptom profiles in TBI patients.


Section 11: Persistent Fatigue

**Fatigue Severity Scale (FSS)**
A 9-item self-report questionnaire designed to assess disabling fatigue in all individuals. The scale was designed to look at fatigue/function measures; that is the connection between fatigue intensity and functional disability.


**Fatigue Impact Scale (FIS)**
A 40-item self report questionnaire that measures functional limitation from fatigue over the past month.


**Mental Fatigue Scale**
A 15-item multidimensional self-report questionnaire to assess persistent fatigue in brain injured patients. The questions concern fatigue in general, lack of initiative, mental fatigue, mental recovery, concentration difficulties, memory problems, slowness of thinking, sensitivity to stress, increased tendency to become emotional, irritability, sensitivity to light and noise, decreased or increased sleep as well as 24-hour symptom variations.