
News Release

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MULTIMEDIA ALERT: Video of Dr. Bergquist is available for download from the [Mayo Clinic News Network](#).

For Immediate Release

Mayo Clinic Researchers: Improvement of Mood Associated With Improved Brain Injury Outcomes

ROCHESTER, Minn. — [Mayo Clinic](#) researchers found that improvement of mood over the course of post-acute [brain rehabilitation](#) is associated with increased participation in day-to-day activities, independent living, and ability to work after rehabilitation is complete.

Each year, millions of patients are diagnosed with acquired brain injuries, such as [concussion](#), [strokes](#), and [brain tumors](#), many of whom go on to have persistent symptoms. For these patients, brain rehabilitation is an important part of their recovery.

“People should not ignore psychological issues, such as mood swings or ability to communicate with family members,” says [Thomas Bergquist, Ph.D.](#), of Mayo Clinic’s [Departments of Physical Medicine and Rehabilitation](#) and [Psychiatry and Psychology](#). “Comprehensive brain rehabilitation can address both physical and personal problems to help improve outcomes for patients, including improved physical function, the ability to live independently and maintain a job.”

Dr. Bergquist recommends a holistic approach to brain injury rehabilitation. Focusing solely on physical function, for example, represents, “medical myopia and care givers might miss the biggest problem,” he says.

The study examined data on patients who have gone through treatment at Mayo’s [Brain Rehabilitation Center](#), receiving therapies from a team of providers which are customized to the specific needs of each individual. Mood was assessed at the beginning and end of treatment, and researchers found that improved mood was associated with improved brain rehabilitations outcomes. The findings were presented during the [American Congress of Rehabilitation Medicine Annual Conference](#).

“My advice to patients is to get help as soon as they are limited by their symptoms. If you experience a brain injury and are struggling with mood, communicating with family, or performing physical activities, you are likely to benefit from coordinated brain rehabilitation services,” says Dr. Bergquist.

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