

## Press release

Please fill in this form and return it to [graduateschoolhealth@au.dk](mailto:graduateschoolhealth@au.dk) in Word format no later than three weeks prior to your defence.

### Basic information

Name: Mille Møller Thastum Email: Mille.Moeller.Thastum@auh.rm.dk Phone: +45 22354565

Department of: Clinical Medicine

Main supervisor:

Andreas Schröder, Assoc. prof., PhD, MD.

The Research Clinic for Functional Disorders & Psychosomatics, Aarhus University Hospital.

Title of dissertation: "Early intervention for impairing post-concussion symptoms"

Date for defence: 22 March 2019 at (time of day): 14.00 Place: The Lakeside Lecture Theatres (Søauditorierne), build. 1252 / room 310 (Jeppe Vontilius), Bartholin Allé 3, Aarhus University, Aarhus.

Press release (Danish)

Nyudviklet behandlingsprogram for langvarige symptomer efter hjernerystelse

Et nyt ph. d. projekt fra Aarhus Universitet, Health, viser, at svære symptomer hos unge patienter 2-6 måneder efter hjernerystelse kan behandles ved hjælp af en nyudviklet tværfaglig behandling. Behandlingen er baseret på en ny forståelse af vedvarende fysiske symptomer og bygger på principper fra kognitiv adfærdsterapi og gradueret genoptræning. Bag undersøgelsen står psykolog, Mille Møller Thastum, som forsvarer sit ph. d. projekt d. 22. marts 2019.

Op til 15 % lider af symptomer så som hovedpine, svimmelhed, koncentrationsproblemer og tristhed i mere end 3 måneder efter en hjernerystelse. Der er generelt enighed om, at både biologiske, psykologiske og sociale faktorer har betydning for udvikling af langvarige symptomer. Der findes endnu ingen dokumenteret effektiv behandling for disse patienter.

Det nyudviklede behandlingsprogram Get going After concussIoN (GAIN) - på dansk: "Godt i gang efter hjernerystelse" - strækker sig over 8 uger, og leveres som en kombination af gruppe og individuel behandling. Sidstnævnte kan efter patients ønske leveres som videokonsultation over internettet. 112 patienter deltog i en randomiseret undersøgelse af GAIN, hvor deltagerne blev tilfældigt fordelt til to grupper. Undersøgelsen viste, at deltagerne i GAIN gruppen havde betydeligt større bedring af symptomer fra før behandlingen til 3 måneder efter behandlingen sammenlignet med kontrolgruppen, som ikke modtog GAIN. Desuden var patienterne i høj grad tilfredse med GAIN behandlingen.

Undersøgelsen viste således, at GAIN var mulig at gennemføre, og at behandlingen ser ud til at kunne reducere risikoen for langvarige gener og funktionsnedsættelse efter hjernerystelse hos unge.

Forsvaret af ph.d.-projektet er offentligt og finder sted den 22/3 2019 kl. 14.00 i Søauditorierne, bygning 1252 / rum 310 (Jeppe Vontillius), Bartholin Allé 3, Aarhus Universitet, Aarhus. Titlen på projektet er "Early intervention for impairing post-concussion symptoms". Yderligere oplysninger: Ph.d.-studerende Mille Møller Thastum, e-mail: Mille.Moeller.Thastum@auh.rm.dk; tlf. 22354565.

Bedømmelsesudvalg:

Per Hove Thomsen, Prof. (formand og ordstyrer).

Department of Clinical Medicine, Psychiatric Hospital for Children and Adolescents, Aarhus, DK.

Noah Silverberg, Clinical assoc. prof., MD.

Physical Medicine & Rehabilitation, Faculty of Medicine, University of British Columbia, Canada

Nigel King, Dr., PhD, Consultant clinical neuropsychologist.  
Department of Clinical Neuropsychology, the Community Head Injury Service, Aylesbury / University of Oxford, UK

Press release (English)

"Novel intervention for long-lasting post-concussion symptoms"

A new PhD project from Aarhus University, Health, shows that high levels of symptoms in young patients 2-6 months after concussion may be effectively treated by a novel interdisciplinary intervention. The intervention is based on a new understanding of persistent physical symptoms, and utilizes techniques from cognitive behavioral therapy and graduated return to activities. Behind the study is psychologist Mille Møller Thastum, who defends her dissertation on 22 March 2019.

Up to 15% of individuals continue to suffer from symptoms such as headaches, dizziness, concentration problems, and sadness for more than 3 months post-concussion. There is general agreement that biological, psychological, and social factors are all involved in the development of persistent symptoms. However, there is a lack of evidence based treatment for these patients.

The novel, 8-week intervention, Get going After concussIoN (GAIN), is delivered as a combination of group and individual sessions. The latter may be delivered as internet-based video consultations according to the patient's preferences.

In total, 112 patients participated in a randomized study testing the effect of GAIN. Participating patients were randomly assigned to two groups. Participants in the GAIN group reported significantly larger improvements in symptoms from pre-treatment to 3 months post-treatment compared to the control group, who did not receive GAIN. Furthermore, patient satisfaction with GAIN was high. Thus, the study showed that GAIN was feasible, and may reduce the risk of long-term suffering and disability in young patients after concussion.

The defence is public and takes place on March 22 2019 kl. 14.00 in The Lakeside Lecture Theatres (Søauditorierne), build. 1252 / room 310 (Jeppe Vontillius), Bartholin Allé 3, Aarhus Universitet, Aarhus. The title of the project is "Early intervention for impairing post-concussion symptoms". For more information, please contact PhD student Mille Møller Thastum, e-mail: Mille.Moeller.Thastum@auh.rm.dk; tlf. 22354565.

Assessment committee:

Per Hove Thomsen, Prof. (chairman, moderator of the defence).  
Department of Clinical Medicine, Psychiatric Hospital for Children and Adolescents, Aarhus, DK.

Noah Silverberg, Clinical assoc. prof., MD.  
Physical Medicine & Rehabilitation, Faculty of Medicine, University of British Columbia, Canada

Nigel King, Dr., PhD, Consultant clinical neuropsychologist.  
Department of Clinical Neuropsychology, the Community Head Injury Service, Aylesbury / University of Oxford, UK:

## **Permission**

By sending in this form:

- I hereby grant permission to publish the above Danish and English press releases.
- I confirm that I have been informed that any applicable inventions shall be treated confidentially and shall under no circumstances whatsoever be published, presented or mentioned prior to submission of a patent application, and that I have an obligation to inform my head of department and the university's Patents Committee if I believe I have made an invention in connection with my work. I also confirm that I am not aware that publication violates any other possible holders of a copyright.

