

Study: Playing Smartphone App Aids Concussion Recovery in Teens

App helps teens improve their symptoms and optimism after suffering a concussion

The Ohio State University Wexner Medical Center

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NEWS PACKAGE



SUGGESTED TEASE	STILL TO COME, AN APP DESIGNED TO HELP TEENS OVERCOME CONCUSSIONS. WE'LL EXPLAIN HOW IT WORKS, NEXT IN HEALTH NEWS.
ANCHOR LEAD	IF YOUR TEENAGER HAS EVER HAD A CONCUSSION, YOU KNOW THAT DOCTORS RECOMMEND THEY KEEP SCREEN TIME ON COMPUTERS AND SMARTPHONES TO A MINIMUM. THE IDEA IS TO KEEP THEIR BRAINS FROM BEING OVERSTIMULATED, GIVING THEM MORE TIME TO REST AND HEAL. BUT THERE'S A NEW APPROACH TO RECOVERING FROM CONCUSSIONS THAT ACTUALLY <i>ENCOURAGES</i> TEENS TO USE AN APP ON THEIR SMARTPHONES - AND A NEW STUDY SHOWS IT WORKS. CLARK POWELL HAS DETAILS.
(PACKAGE START) ----- CG: Courtesy: The Ohio State University Wexner Medical Center :00 - :03	(Nats - Sound) :02
Shot of Rachel playing soccer with dad	RACHEL BUTLER SUFFERED A NUMBER OF CONCUSSIONS OVER A FIVE YEAR SPAN, AND THOUGH SHE WAS TREATED FOR THEM BY A DOCTOR, HER SYMPTOMS NEVER QUITE WENT AWAY. :07
Close up of Rachel	<i>"I had bad headaches, I would sleep so much. I was really irritable all the time."</i> :05
CG: Rachel Butler Had several concussions	BUT THEN, HER DOCTOR SUGGESTED USING AN APP CALLED SUPER-BETTER.
Shots of Rachel using app	IT'S A GAME THAT MAKES THE PATIENT THE HERO IN A PERSONAL RECOVERY STORY, BATTLING FOES ALONG THE WAY LIKE DIZZINESS AND HEADACHES. :09
Shots of game on screen	<i>"Instead of "Uh, I'm so frustrated. I can't get rid of this headache," it rewrites it to say "Did you battle the headache bad guy today? And if so, how did you do?"</i> :12
CG: Lise Worthen-Chaudhari, MFA Ohio State Wexner Medical Center	TRADITIONALLY, CONCUSSION PATIENTS ARE ADVISED TO STAY AWAY FROM SCREENS DURING

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<p>Shots of Rachel on phone</p> <p>Wide shot of Rachel on couch</p> <p>Shots of researcher working on program</p> <p>Shots of app</p>	<p>RECOVERY. BUT THAT CAN OFTEN LEAD TO ISOLATION AND DEPRESSION - ESPECIALLY FOR TEENAGERS.</p> <p>SO RESEARCHER LISE (Leese) WORTHEN-CHAUDHARI (WER-then CHOW-dree) CONDUCTED A STUDY¹ AT THE OHIO STATE UNIVERSITY WEXNER MEDICAL CENTER TO SEE IF LIMITED EXPOSURE TO THE RIGHT CONTENT COULD HELP. :17</p>
<p>Worthen-Chaudhari (CG'd earlier)</p> <p>Shot of Rachel using app / blur</p> <p><u>Graphic:</u> Teens who didn't use the app -Only half reported improvements in symptoms -Half said symptoms got worse -No improvement in optimism</p> <p>-Cut to low angle <u>photo</u> for graphic- Teens who did use the app -All reported improvements in symptoms and optimism</p>	<p><i>"We wanted to test was it possible for them to use screens just a little bit each day and get the bang for the buck with that." :08</i></p> <p>AND THE RESULTS ARE ENCOURAGING. IN TEENS TREATED FOR CONCUSSIONS WHO DIDN'T USE THE APP - ONLY HALF REPORTED IMPROVED SYMPTOMS - THE OTHER HALF SAID SYMPTOMS GOT WORSE. AND THERE WAS NO IMPROVEMENT IN OPTIMISM ABOUT RECOVERY. BUT IN TEENS WHO DID USE THE APP, ALL OF THEM REPORTED IMPROVEMENTS IN BOTH SYMPTOMS AND OPTIMISM.¹ :18</p>
<p>Worthen-Chaudhari (CG'd earlier)</p> <p>Shots of Rachel playing app</p>	<p><i>"Just that flipping of, 'this is an obstacle, and it's your journey to overcome that obstacle,' seems to be enough." :08</i></p> <p>IT WAS FOR RACHEL, WHO SAYS SHE FELT LESS ISOLATED AND MORE MOTIVATED TO GET BETTER. :05</p>
<p>Rachel Butler (CG'd earlier)</p> <p>Shot of Rachel and dad</p>	<p><i>"Having all the screens taken away was too much, but then when you added something in that was still beneficial, it helped a lot." :06</i></p> <p>AT OHIO STATE WEXNER MEDICAL CENTER, THIS IS CLARK POWELL REPORTING. :03</p>
<p>(PACKAGE END) -----</p> <p>ANCHOR TAG</p>	<p>THE APP ALSO ALLOWS FRIENDS AND FAMILY TO JOIN THE GAME AND FOLLOW TEENS AS THEY RECOVER FROM THEIR CONCUSSIONS. THIS STUDY FOCUSED ON TEENS WHOSE SYMPTOMS HADN'T IMPROVED ON THEIR OWN AT LEAST 3 WEEKS AFTER THEIR INJURY.</p>

SOCIAL MEDIA

<p> Share it! Suggested tweet:</p>	<p>Study @OSUWexMed shows app designed to help teens recover from concussions is helpful. http://bit.ly/2ur8FPI</p>
<p> Suggested post:</p>	<p>Patients who suffer concussions are advised by doctors to stay away from screens on computers and phones to</p>

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	<p>allow their brains time to rest and heal. But a new study at The Ohio State University Wexner Medical Center shows that allowing teens to use an app on their smartphones specifically designed to help them recover from concussions is helpful. Details: http://bit.ly/2ur8FPI</p>
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EXTRA BITES

<p>CG: Lise Worthen-Chaudhari, MFA Ohio State Wexner Medical Center</p>	<p>Worthen-Chaudhari says the app encourages others to join: <i>“It connected people to a small number of close, social connections and let those close social connections go through that recovery journey with them.”</i></p> <p>Worthen-Chaudhari says the app helped each patient: <i>“Every single person, their symptoms improved and optimism improved from the time that they started playing the game to the time they finished with us.”</i></p> <p>Worthen-Chaudhari says action items help with recovery: <i>“It’s easy to feel helpless and it’s nice to have actions or actionable items that you can work with that the doctor can recommend.”</i></p> <p>Worthen-Chaudhari talks about isolation post-concussion: <i>“Telling someone who feels like they need help, ‘I’m going to take your primary mode of communication to your social network,’ that’s a tall order.”</i></p>
<p>CG: Rachel Butler Had several concussions</p>	<p>Butler describes symptoms of her concussions: <i>“Always really tired, always really bad headaches. My grades started to slip at school because I just couldn’t handle the workload.”</i></p> <p>Butler says the app helped alleviate her symptoms: <i>“It definitely helped. It helped me like connect a lot of the dots that I wasn’t getting.”</i></p> <p>Butler says she was surprised by her improvements: <i>“I’d wake up the next morning and I’d be like ‘Well, I feel better. Maybe this stuff actually works. Maybe I should have been doing what the doctor said all along.’”</i></p> <p>Butler says her mom urged caution, but the app helped: <i>“She wanted me to stay off my phone, stay off my screens as much as possible, so it was nice to have that time where it was like designated to help me get better, but also gave me time on my phone that I was so used to having.”</i></p>

References

<p>¹<i>Reducing concussion symptoms among teenage youth: evaluation of a mobile health app, Brain Injury, June 2017.</i> Online: http://www.tandfonline.com/doi/full/10.1080/02699052.2017.1332388</p>

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