GOAL: To study a telephone intervention for service members that provides training in problem-solving techniques that apply to every day problems.

Over 300 Service Members have enrolled in our study. Participants are 93% male and 7% female. Most come from the Army (92%), but Army Reserves (2%) and National Guard (6%) are also represented. Rank, race/ethnicity, and circumstances of their injuries vary.

**Rank**
- Sergeant: 45%
- Specialist: 37%
- Officer: 8%
- Private: 8%
- Other/Unknown: 9%

**Race**
- White: 80%
- Black: 8%
- Asian: 3%
- Other/Unknown: 9%

**Ethnicity**
- Hispanic: 20%
- Non-Hispanic: 80%

**Circumstances of Concussion**
- Physical assault: 3%
- Fragment/bullet wound: 8%
- Physical training or sports injury: 10%
- Vehicular accident/crash: 24%
- Fall: 28%
- Struck by an object: 35%
- Thrown against a hard surface: 40%
- Blast or explosion: 86%

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Telephone intervention calls last 45 minutes, with service members choosing which problems to work on. Concussion Support Specialists guide participants through the steps of problem-solving with their specific issues. Top topics include mood (25%), insomnia (19%), and relationships (16%).

We have been successful in collecting follow-up data, 84% of study participants at 6 months and 78% at 12 months.

75% of our enrollment goal has been met.

With your continued help and support, we plan to recruit 100 more service members into our study.

Thanks from the CONTACT Study!

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