

Diagnostic Category: Traumatic Brain Injury Discipline: Health education

Reference	N	Intervention (n)	Telerehabilitation program's:	Platform & clinician's involvement	Outcomes
Country Study Design Quality (for RCTs)	Sample description (dx specifics, age, gender)	vs. Comparison (n) Frequency & duration	I. Focus II. Nature III. Target IV. Receiving client		Child-related outcomes Parent-related outcomes (+) significant between-group differences for RCTs or within group improvements for non-RCTs (-) no significant between-group differences for RCTs or within group improvements for non-RCTs
Kurowski et al., 2016 Babcock et al., 2017 [32] USA Pre-post study	N=21 Adolescents with TBI Mean age: 14.3 ± 2.0 yrs Age range: 11-18 yrs 4M:9F	Self-Management Activity Restriction and Relaxation Training (SMART) (n=13) Daily login sessions of ~30 mins, over a period of 4-weeks.	I. Self-management; education; skill training II. The web-based Self-Management Activity-restriction and Relaxation Training (SMART) program incorporates anticipatory guidance and psychoeducation, self-management and pacing of cognitive and physical activities, and cognitive behavioral principles for early management of mTBI in adolescents. The SMART program consists of two components: (1) symptom and activity self-monitoring interface with immediately generate feedback, and (2) 8 educational modules about topics related to TBI.	Passive web Reminder emails, texts, and phone calls were made by research coordinator if the participant was inactive for more than 2 days.	At 4 weeks (post-treatment) (+) <i>Symptom burden</i> : Health and Behavior Inventory (HBI), parent-reported (+) <i>Symptom burden</i> : Health and Behavior Inventory (HBI), adolescent-reported (+) <i>Functional disability</i> : Functional Disability Inventory (FDI), parent-reported (-) <i>Functional disability</i> : Functional Disability Inventory (FDI), adolescent-reported (-) <i>Executive functioning</i> : Abbreviated Behavior Rating Inventory of Executive

			<p>III. Youth</p> <p>IV. Youth alone</p>		<p>Functioning (brief-BRIEF), parent-reported</p> <p>(+) <i>Executive functioning</i>: Abbreviated Behavior Rating Inventory of Executive Functioning (brief-BRIEF), adolescent-reported</p> <p>(-) <i>Behavior problems</i>: Child Behavioral Checklist (CBCL)</p> <p>(-) <i>Behavior problems</i>: Youth Self Report (YSR)</p> <p>(-) <i>Concussion knowledge</i>: CDC Head's Up concussion quiz</p> <p>(-) <i>Concussion knowledge</i>: CDC Head's Up concussion quiz</p>
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