

Many people are affected each year by trauma to the head, such as a violent force. This can often result in a traumatic brain injury (TBI). Approximately 2.5 million people suffer from TBIs each year, with various diagnoses based on the severity of symptoms (CDC, 2022). Symptoms vary between patients, however, the most common TBI is a concussion, including symptoms such as headaches, fatigue, dizziness/vertigo, sleep deficits, difficulties with memory and attention, and mental health-related manifestations such as depression or anxiety-related issues (Distriquin, Y., Vital, JM. & Ella, B., 2020). These symptoms typically resolve within two weeks. However, if the symptoms last longer than expected, the person suffers from Persistent Post-Concussion Symptoms, also known as Post Concussion Syndrome (PCS). PCS occurs when mild symptoms persist for more than three months. This includes long-lasting emotional and physical effects impacting a person's everyday life. The purpose of this study is to track participants' daily activity for 30 days by having them fill out a short survey at the end of their day by asking them what they did and if they experienced any symptoms. Once all data is collected after 30 days for multiple participants, the data will be analyzed using multiple linear regression models to find strong correlations between the conditions and symptoms.