

# Effects of Nurse-Guided BBTi for Improving Insomnia : in Patients at the Recovery Following Traumatic Brain Injury

NCT05402761

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Taipei Medical University
Enrollment	93 participants

## Key Eligibility Criteria

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### Inclusion (5)

- have received a diagnosis of TBI at least 3 months before enrollment (TBI in chronic stage),
- yield an initial (i.e., rated in the emergency room) GCS score of 3-15 (mild to severe) and have GCS score of 15 when enrolling into the study,
- report lying awake for e30 min a night for e3 nights per week for e3 months,
- have post-TBI insomnia with a total score  $\geq 7$  on the Chinese version of the insomnia severity scale (CISI) at screening,
- be able to communicate in Mandarin Chinese, and be able to complete cognitive tasks (having Rancho Los Amigos Levels of Cognitive Functioning scale score  $\geq 9$ )

### Exclusion (6)

- include premorbid diagnoses of seizure,
  - sleep disorders (e.g., sleep apnea, screened by using the STOP-Bang questionnaire with a score  $\geq 3$ ),
  - psychiatric diseases,
  - substance abuse,
  - alcoholism
- ... and 1 more (see full listing online)

## Locations (2 total)

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Taipei Medical University, Taipei, Taiwan  
Skin Kong International Health Center, Taipei, Taiwan