Diagnostics

The Community Balance and Mobility Scale: Detecting Impairments in Military Service Members with Comorbid Mild TBI and Psychological Health Conditions

Researchers at NICoE are examining the utility of the Community Balance and Mobility Scale (CB&M) for assessing the functional balance and mobility of active-duty Service Members with comorbid mTBI/psychological health conditions. In this sample, the CB&M was compared to other common measures such as gait speed, the Activities-specific Balance Confidence scale, and Functional Gait Assessment (FGA) to determine its appropriateness for identifying those with mTBI/psychological health conditions. The mTBI/psychological health conditions group (n = 8) performed significantly worse than the control group (n = 8) across all measures except the FGA. Diagnostic abilities of all objective measures ranged from fair to excellent for classifying participants with mTBI/psychological health conditions from healthy controls. However, the largest group differences in effect size and the highest discriminate ability were observed with the CB&M. Thus, the CB&M may have slightly higher sensitivity and specificity than other measures of balance in Service Members with mTBI/psychological health conditions. This study is ongoing, and further answers may be apparent with a larger sample size.